

 **CRG-WELLNESS CENTRE - HEART MATTERS**  
 **September- December 2020 EDUCATION SCHEDULE**

CLASS	DATES	TIME	FACILITATOR	RM
♥ Introduction to your Heart	Thurs. Oct. 29	1:00-2:00pm	Cathe	ZOOM
♥ Heart Healthy Eating	Thurs. Sept. 10	2:45 4:15pm	Lydia	ZOOM
	Thurs. Nov. 5	2:30-4:00pm	Lydia	ZOOM
♥ Medication Management	Thurs. Sept. 17	1:00-2:00pm	CRG Pharmacist	ZOOM
	Thurs. Nov. 12	1:00-2:00pm	CRG Pharmacist	ZOOM
♥ Hypertension	Thurs. Sept. 24	1:00-2:00pm	Kristi	ZOOM
	Thurs. Nov. 19	1:00-2:00pm	Kristi	ZOOM
♥ Stress Response/ Intro to Mindfulness/Meditation	Thurs. Oct. 1	1:00-3:00pm	Cheryl	ZOOM
	Thurs. Dec. 3	1:00-3:00pm	Cheryl	ZOOM
♥ Talk with the Doc	Thurs. Oct. 8	1:00-2:00pm	Dr. R. Ramsey	TBA
♥ Why Exercise is Good for the Heart	Thurs. Oct. 15	1:00-2:00pm	Mark Cryderman	ZOOM/2
	Thurs. Dec. 10	1:00-2:00pm	Mark Cryderman	ZOOM/2
♥ Complementary & Alternative Medicines In Chronic DM	Thurs. Oct. 22	1:00-2:00pm	London Drugs Pharmacist	ZOOM

**~ALL CLASSES ARE OPEN TO EVERYONE~**  
**PRE-REGISTRATION IS REQUIRED BY CALLING 250-286-7151**  
**Or Email [crgcdm@viha.ca](mailto:crgcdm@viha.ca)**

*~Dates/ Room subject to change~*

♥ *Indicates that the class is a part of the 8 Heart Matters Education series*



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<b>CLASS</b>	<b>DATES</b>	<b>TIMES</b>	<b>FACILITATOR</b>	<b>RM</b>
<b>Chronic Pain Self-Management (CPSM) (Wed. 6 Week Class)</b>	Wed Sept 23, 30, Oct. 7, 14, 21, 28	1:30- 3:30pm	Cheryl	ZOOM
	Wed. Nov. 4, 18, 25, Dec. 2, 9	1:30-3:30pm	Cheryl	ZOOM
<b>Living Well with COPD (Wed. 3 Week Class) (LWWCOPD)</b>	Wed. Sept.9, 16	1:30-4:00pm	Cheryl	ZOOM
	Mon. Oct. 19, 26	1:30-4:00pm	Cheryl	ZOOM
	Mon. Nov. 9, 16	1:30-4:00pm	Cheryl	ZOOM
	Mon. Dec 7, 14	1:30-4:00pm	Cheryl	ZOOM
<b>Mindfulness &amp; Meditation (Tuesdays 2 classes)</b>	TBA	1:00-3:30pm		
<b>Craving Change (Mondays 5 weeks)</b>	Mon. Nov.2,9,16,23,30	2:30-4:00pm	Lydia	ZOOM
<b>Enhanced Recovery After (ERAS)</b>	Mon. Sept 14	9:00-11:00	Cheryl	ZOOM
	Mon. Oct. 5	1:00-3:00pm	Cheryl	ZOOM
	Mon. Nov. 30	1:00-3:00pm	Cheryl	ZOOM
<b>Portion Distortion “Mindful Eating”</b>	Fri. Oct. 9	1:00-2:00pm	Kiley	ZOOM
	Fri. Nov 13	10:30-11:30am	Kiley	ZOOM
<b>Healthy Feet</b>	Mon. Sept 14	1:30-4:00pm	Cheryl	ZOOM
	TBA	1:30-4:00pm	Cheryl	
<b>Fueling Your Body “Setting the Stage for Change”</b>	Fri Oct. 9	10:30-11:30am	Kiley	ZOOM
	Fri. Dec. 4	10:30-11:30am	Kiley	ZOOM
<b>A Good Night Sleep</b>	Mon.. Sept. 21	1:30-4:00pm	Cheryl	ZOOM
	Fri . Dec. 11	1:30-4:00pm	Cheryl	ZOOM

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