

# LIONS GATE HOSPITAL

## CARDIAC REHAB – CARDIO METABOLIC PROGRAM

EDUCATION SCHEDULE - 2009 - 2010

DATE	TOPIC	EDUCATOR
Monday July 20th	Heart Physiology and Heart Disease	Dr. Kevin McLeod, Internal Medicine Specialist
Monday August 10th	Risk Factors – How to reduce them and live longer	Dr. Kevin McLeod, Internal Medicine Specialist
Monday August 24th	Exercise and Heart Health	Min van Velzen, Exercise Specialist
Monday Sept 14th	CARDIAC REHAB CHAMPIONS	Monique and Guest Speakers
Monday Sept 28 <sup>th</sup>	Heart Disease and Mental Health – Important links to consider	Nicole Maier, RN MA, RCC, CCC
Monday Oct 5th	Heart Physiology and Heart Disease	Dr. Kevin McLeod, Internal Medicine Specialist
Monday Oct 19th	Risk Factors – How to reduce them and live longer	Dr. Kevin McLeod, Internal Medicine Specialist
Monday Nov 2nd	Exercise and Heart Health	Min van Velzen, Exercise Specialist
Monday Nov 16th	CARDIAC REHAB CHAMPIONS	Jennifer, Monique and Guest Speakers
Monday Nov 30th	Heart Disease and Mental Health – Important links to consider	Nicole Maier, RN MA, RCC, CCC
Monday Dec 14th	Heart Physiology and Heart Disease	Dr. Kevin McLeod, Internal Medicine Specialist
Monday Jan 11th	Risk Factors – How to reduce them and live longer	Dr. Kevin McLeod, Internal Medicine Specialist
Monday Jan 25th	Exercise and Heart Health	Min van Velzen, Exercise Specialist
Monday Feb 8th	CARDIAC REHAB CHAMPIONS	Monique and Guest Speakers
Monday March 1st	Heart Disease and Mental Health – Important links to consider	Nicole Maier, RN MA, RCC, CCC
Monday March 8th	Heart Physiology and Heart Disease	Dr. Kevin McLeod, Internal Medicine Specialist
Monday March 15th	Risk Factors – How to reduce them and live longer	Dr. Kevin McLeod, Internal Medicine Specialist

**CLASSES HELD IN THE LIONS GATE HOSPITAL AUDITORIUM (ground floor) at 7:00 PM**