

2020
Class Schedule



Mary Washington Healthcare

Cardiac & Pulmonary Rehabilitation

Call MWHC Health Link to register at 540.741.1404



All classes are held on Wednesdays at 12:00 noon on the Mary Washington Hospital campus in one of the following locations:

Tompkins-Martin Medical Plaza
1101 Sam Perry Blvd.
Conference Rooms
Fredericksburg, VA

Ambulatory Services Center
1201 Sam Perry Blvd.
Suite 240
Fredericksburg, VA

(To telephone conference from work or home, dial 540.741.8326; access code: 125-475-963#)

Education classes are an integral part of your recovery. Our classes teach you ways to break unhealthy habits and make lasting lifestyle changes. You'll have opportunities to ask questions. Family members are invited to attend.

Date	All classes are held Wednesdays at 12:00 noon	Location	Your Classes
January 8	Nutrition	TMMP C&D	
January 15	Cardiac Medications	TMMP B	
January 15	Understanding Your Pulmonary Disease and Meds	ASC Suite 240	
January 22	Benefits of Exercise	TMMP A	
January 29	Risk Factors	TMMP C & D	
February 5	Stress Management & Be Mindful of Your Mental Health	TMMP C&D	
February 12	Nutrition	TMMP C & D	
February 19	Cardiac Medications	TMMP C&D	
February 19	Understanding Your Pulmonary Disease and Meds	ASC Suite 240	
February 26	Benefits of Exercise	TMMP A	
March 4	Risk Factors	TMMP C&D	
March 11	Stress Management & Be Mindful of Your Mental Health	TMMP C & D	
March 18	Nutrition	TMMP B	
March 25	Cardiac Medications	TMMP A	
March 25	Understanding Your Pulmonary Disease and Meds	ASC Suite 240	
April 1	Benefits of Exercise	TMMP C&D	
April 8	Risk Factors	TMMP C & D	
April 15	Stress Management & Be Mindful of Your Mental Health	TMMP C&D	
April 22	Nutrition	TMMP A	
April 29	Cardiac Medications	TMMP C&D	
April 29	Understanding Your Pulmonary Disease and Meds	ASC Suite 240	
May 6	Benefits of Exercise	TMMP C&D	
May 13	Risk Factors	TMMP C&D	
May 20	Stress Management & Be Mindful of Your Mental Health	TMMP B	

2020
Class Schedule



Mary Washington Healthcare

Cardiac & Pulmonary Rehabilitation

Call MWHC Health Link to register at 540.741.1404



Date	All classes are held Wednesdays at 12:00 noon	Location	Your Classes
June 3	Nutrition	TMMP C&D	
June 10	Cardiac Medications	TMMP C&D	
June 10	Understanding Your Pulmonary Disease and Meds	ASC Suite 240	
June 17	Benefits of Exercise	TMMP C&D	
June 24	Risk Factors	TMMP A	
July 8	Stress Management & Be Mindful of Your Mental Health	TMMP C&D	
July 15	Nutrition	TMMP B	
July 22	Cardiac Medications	TMMP A	
July 22	Understanding Your Pulmonary Disease and Meds	ASC Suite 240	
July 29	Benefits of Exercise	TMMP C&D	
August 5	Risk Factors	TMMP C&D	
August 12	Stress Management & Be Mindful of Your Mental Health	TMMP A	
August 19	Nutrition	TMMP C&D	
August 26	Cardiac Medications	TMMP A	
August 26	Understanding Your Pulmonary Disease and Meds	ASC Suite 240	
September 2	Benefits of Exercise	TMMP C&D	
September 16	Risk Factors	TMMP B	
September 23	Stress Management & Be Mindful of Your Mental Health	TMMP A	
September 30	Nutrition	TMMP C&D	
October 7	Cardiac Medications	TMMP C&D	
October 7	Understanding Your Pulmonary Disease and Meds	ASC Suite 240	
October 14	Benefits of Exercise	TMMP C&D	
October 21	Risk Factors	TMMP B	
October 28	Stress Management & Be Mindful of Your Mental Health	Cafeteria room 2	
November 4	Nutrition	TMMP C&D	
November 11	Cardiac Medications	TMMP C & D	
November 18	Understanding Your Pulmonary Disease and Meds	ASC Suite 240	
December 2	Benefits of Exercise	TMMP C&D	
December 9	Risk Factors	TMMP C&D	
December 16	Stress Management & Be Mindful of Your Mental Health	TMMP B	