

2023

Class Schedule



Mary Washington Healthcare

Cardiac & Pulmonary Rehabilitation

Front Desk 540.741.1348



All classes will be held virtually on Microsoft Teams.

You do not need an account to use the Teams app.

Type this link into a new web browser window to join: <https://bit.ly/MWHC-CPHF-2023>

Call in (audio only) 540.741.8326, pin 471328040#.

Recorded classes can be found at heartandlungs.mwhc.com



You can join on a smartphone, tablet, or computer. A webcam is optional. You will need a microphone to ask questions. If you do not have one, you can still type your questions in the meeting chat. If you are using an iPhone or iPad, you will need to download the Microsoft Teams app, and the link above will automatically open in the app. (You still need to type the link into a browser such as Safari or Chrome.) If you have an Android phone, we recommend downloading the app. The app is free and can be found in your app store. Please mute your microphone when joining the meeting, and keep it muted unless you are asking a question of the presenter.

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.

All classes are held at 12:00 p.m.

Nutrition

Wednesday

January 11
February 22
April 5
May 17
June 28
August 9
September 20
November 1

Cardiac Medications

Wednesday

January 18
March 1
April 12
May 24
July 5
August 16
September 27
November 8

Understanding Your Pulmonary Disease & Meds

Friday

January 27
March 10
April 21
June 2
July 14
August 25
October 6
November 17

Benefits of Exercise

Friday

February 3
March 17
April 28
June 9
July 21
September 1
October 13
December 1

Risk Factors

Friday

February 10
March 24
May 5
June 16
July 28
September 8
October 20
December 8

Stress Management & Be Mindful of Your Mental Health

Friday

February 17
March 31
May 12
June 23
August 4
September 15
October 27
December 15