



**BEGINNING ON
MARCH 30, 2020**

FREE EDUCATION SESSIONS

CARDIAC COLLEGE

Every Monday to Thursday at 1pm EST

Session topics include treating heart disease, exercising safely, staying active at home, making healthy food choices, managing stress, sleeping well, and taking your medication

Presented by the Toronto Rehab Cardiovascular Prevention and Rehabilitation Program

*All sessions will be recorded and made available to watch at a later time

CARDIACCOLLEGE.CA