

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Regular Class	2
	4 Labour Day Classes Canceled	5 Regular Class	6 Nutrition Lecture 9:15 class canceled	7 Regular Class	8 Regular Class	9
10	11 Regular Class	12 Regular Class	13 Regular Class	14 Regular Class	15 Regular Class	16
17	18 Regular Class	19 Regular Class	20 Regular Class	21 Regular Class	22 Regular Class	23
24	25 Regular Class	26 Regular Class	27 Regular Class	28 Regular Class	29 Regular Class	30

***NUTRITION LECTURE: HEALTHY EATING FOR HEART DISEASE with Registered Dietitian Dianna Inman.**

Location: #202 - 101 W. 16th Street, North Vancouver

Time: 9:00 - 10:00am

*****NOTE: ONLY the 9:15am Cardiac Rehab Class is canceled on the date of the lecture***.**

Registered Dietitian Jessica Wang offers free one on one 15 minute phone consultations for general nutrition advice. Please contact Jessica to book an appointment.

Questions? Please email Ryan & Ayla at "lionsgatecardiacrehab@gmail.com"

For makeup classes, go to: <http://www.lionsgatecardiacrehab.com/class-times/>