

Check out one of **KCH's Cardiac Rehabilitation Education Forums!**
December 2015 - December 2016 | (NOTE: All classes are held in Cardiac Rehab)


Activities of Daily Living
Mark Stone, EP

- December 23, 2015
- April 6, 2016
- July 27, 2016
- October 26, 2016




Anatomy and Arrhythmias of the Heart
Bruce Beidelschies, RN

- December 16, 2015
- March 30, 2016
- July 13, 2016
- October 19, 2016




Antiplatelet/Lipid Lowering Medications
Ben Blackford RPh

- January 6, 2016
- April 20, 2016
- August 3, 2016
- November 9, 2016




Beta Blockers & Calcium Channel Blockers
Ben Blackford RPh

- March 9, 2016
- June 22, 2016
- September 28, 2016
- December 14, 2016




Depression, Stress and Heart Disease
Molly Baer, RN

- March 2, 2016
- June 15, 2016
- September 21, 2016
- December 7, 2016




Diabetes & Heart Disease
Jenny Parker BSN, RN

- February 10, 2016
- May 18, 2016
- August 31, 2016
- November 16, 2016



Dietary Means to Deal with Blood Pressure
Natalie Brenneman, RD, LD

- December 30, 2015
- April 13, 2016
- July 20, 2016
- November 2, 2016




Exercise for your Heart
Mark Stone, EP

- January 13, 2016
- April 27, 2016
- August 10, 2016




Key to Weight Management: Understanding Lipids & Portion Control
Natalie Brenneman, RD, LD

- January 27, 2016
- May 11, 2016
- August 24, 2016



Pulmonary Basics
Linda Vining, RRT

- January 20, 2016
- May 4, 2016
- August 17, 2016




Risk Factors for Heart Disease
Molly Baer, RN

- March 23, 2016
- July 6, 2016
- October 12, 2016
- December 24, 2016




Sleep Disordered Breathing
ResMed Video

- February 3, 2016
- May 25, 2016




Stretching for Stress
Mark Stone, EP

- February 24, 2016
- June 8, 2016
- September 7, 2016
- November 30, 2016



Taking Your Diet Out to Eat
Natalie Brenneman, RD, LD

- March 16, 2016
- June 29, 2016
- October 5, 2016
- December 21, 2016



Understanding Angina and Heart Disease
Jeanna Wade, RN

- February 17, 2016
- June 1, 2016
- September 14, 2016
- November 23, 2016

