


June 2010

**Heart Failure Workshop  
June 26**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 My Weight	2 My Weight	3 My Weight	4 My Weight	5 My Weight
6 My Weight	7 My Weight	8 My Weight	9 My Weight	10 My Weight	11 My Weight	12 My Weight
13 My Weight	14 My Weight	15 My Weight	16 My Weight	17 My Weight	18 My Weight	19 My Weight
20 My Weight	21 My Weight	22 My Weight	23 My Weight	24 My Weight	25 My Weight	26 My Weight
27 My Weight	28 My Weight	29 My Weight	30 My Weight	<p>Have you taken a walk yet today?</p> 		

Find the local farmer's market to get fresh vegetables. At picnics have fresh



hamburger instead of bratwurst or hot dogs.

**Heart Failure Workshop**  
9:00 a.m. to 12:00 p.m.  
**FREE**  
Heart Center  
Classrooms-3rd Floor



SOURCE: St. Luke's Hospital, Cedar Rapids, Iowa