



## Open Heart Surgery Discharge Classes

### All classes are 1/2 hour starting at 2:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>Care at Home</b></p> <p style="text-align: center;"><b>2:30 PM</b></p> <p>Sit down with our staff to discuss your expectations and fears of going home. Topics discussed include incision care, showering, driving, exercise, what to watch out for, etc.</p>	<p style="text-align: center;"><b>For Family Caregivers</b></p> <p style="text-align: center;"><b>2:30 PM</b></p> <p>Caregivers are invited to explore new ways to manage stress and anxiety, replenish their personal resources, and create a healing environment</p>	<p style="text-align: center;"><b>Stress Management</b></p> <p style="text-align: center;"><b>2:30 PM</b></p> <p>Learn valuable tools for stress reduction that can be utilized upon your discharge from the hospital</p>	<p style="text-align: center;"><b>Care at Home</b></p> <p style="text-align: center;"><b>2:30 PM</b></p> <p>Sit down with our staff to discuss your expectations and fears of going home. Topics discussed include incision care, showering, driving, exercise, what to watch out for, etc.</p>	<p style="text-align: center;"><b>Cardiac Yoga &amp; Stretching After Surgery</b></p> <p style="text-align: center;"><b>2:30 PM</b></p> <p>Practice gentle stretches, postures and breathing techniques that can aid in stress reduction during and after your stay in the hospital.</p>
<p style="text-align: center;"><b>Resuming Your Diet at Home</b></p> <p style="text-align: center;"><b>3 PM</b></p> <p>The role of diet in your recovery after heart surgery will be discussed. You may schedule individual education about your cardiac diet after the class.</p>		<p style="text-align: center;"><b>Physical Activity</b></p> <p style="text-align: center;"><b>3 PM</b></p> <p>The role of activity in the healing process, the modification needed after open-heart surgery and the necessity for physical activity to maintain good health will all be discussed.</p>	<p style="text-align: center;"><b>Resuming Your Diet at Home</b></p> <p style="text-align: center;"><b>3 PM</b></p> <p>The role of diet in your recovery after heart surgery will be discussed. You may schedule individual education about your cardiac diet after the class.</p>	<p style="text-align: center;"><b>Restorative Yoga For Families</b></p> <p style="text-align: center;"><b>3PM</b></p> <p>Restorative yoga helps to reduce stress by both gently stimulating and soothing the body, leaving one feeling nourished and well-rested.</p>