



SACRAMENTO STATE

Cardiovascular Wellness Program

April 2026

NEVER ANY SESSIONS ON WEDNESDAYS

OPEN GYM: TU/TH/FR 9:00 AM – 3:00 PM, INDIVIDUAL EXERCISE/VITALS TAKEN

GROUP SESSIONS –

TAI CHI (W/ DAVID) MON, TUE, THU, FRI (30 min x2)	ZOOM ID# 897 520 111
9:00 AM, Full version Short COURSE	9:30 AM INTRODUCTORY MOVES
EXERCISE SESSIONS (W/LINDA, STRETCH/BALANCE/RESISTANCE)	
GROUP STRETCH → TUE, THU, 10:15 AM, 45 MINUTES	ZOOM ID # 881 9363 5013
GROUP RESISTANCE → TU/TH 11:10 AM, 20 MIN; FR 11:00 AM, 30 MIN	ZOOM ID #889 3266 7307
CIRCUITS → MON, TUE, THU, FRI @ 1:15 PM, 60 MINUTES	ZOOM ID #505 510 964
CHAIR EXERCISE → MON, TUES, THU @ 2:30 PM, 45 MINUTES	ZOOM ID # 950 2893 0586
BALANCE ACTIVITIES FRI, @ 2:30 PM, 45 MINUTES	ZOOM ID# 865 7400 3755
INSTRUCTIONAL MAHJONGG, FRI, 9:30-11:30 AM	IN PERSON ONLY

EDUCATION SESSIONS:

TUES/THUR/FRI @ 11:45 AM ZOOM ID# 916 5375 9408

GUEST SPEAKERS

Tue, Mar 31st	CAMPUS CLOSED FOR FARM WORKERS' DAY		
Thu, Apr 2 nd	11:45 am	Laughter as Medicine	Linda Paumer, M.A.
Fri, Apr 3 rd	11:45 am	Students in the Kitchen	
Tue, Apr 7 th	11:45 am	Earth Month	Debbie Lucas, RD
Thu, Apr 9 th	11:45 am	Sleep & Exercise	Sharon Myers, RN
Fri, Apr 10 th	11:45 am	Students in the Kitchen	
Tue, Apr 14 th	11:45 am	Oral Health	Taylor & Meri, RN students
Thu, Apr 16 th	11:45 am	Mind Over Body	Radhika Bukkapatnam, MD
Fri, Apr 17 th	11:45 am	Students in the Kitchen	
Tue, Apr 21 st	11:45 am	No Tax Cooking (quick, easy)	Debbie & John
Thu, Apr 23 rd	11:45 am	Sleep & CV Health	Cari Shulkin, RN
Fri, Apr 24 ^h	11:45 am	Potluck Lunch	Whole-Food, Plant-Based
Tue, Ari 28 th	11:45 am	Sleep Hygiene	Linda Goode, LSCW
Thu, Apr 30 th	11:45 am	Medical Update	Javier Lopez, MD
Fri, May 1 st	11:45 am	Students in the Kitchen	

Webpage: <https://cardiovascularwellnessprogram.org/>

For more information: email Program Coordinator, Linda Paumer – csuscwvwellness@gmail.com