



NEVER ANY SESSIONS ON WED

ACTIVITY 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 F 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 → TUE/THU/FRI 11:10 AM, 20 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 |

EDUCATION SESSIONS:

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

GUEST SPEAKERS

| | | | |
|---------------------------|----------|-------------------------------|-------------------------------|
| Tue, Apr 2 nd | 11:45 am | Plant Diversity in the Gut | Debbie Lucas, RD |
| Thu, Apr 4 th | 11:45 am | Music Therapy through Karaoke | Noah T |
| Fri, Apr 5 th | 11:45 am | Students in the Kitchen | |
| Tue, Apr 9 th | 11:45 am | Student Cooking Demos | Leanne & Wendy; Justin & Thao |
| Thu, Apr 11 th | 11:45 am | Brain Games | Math Students |
| Fri, Apr 12 th | 11:45 am | Students in the Kitchen | |
| Tue, Apr 16 th | 11:45 am | Go Mediterranean! | Debbie Lucas, RD |
| Thu, Apr 18 th | 11:45 am | More on Blood Pressure | Konrad Dias, DPT |
| Fri, Apr 19 th | 11:45 am | Mindfulness Practice | Linda Larsen, RN |
| Tue, Apr 23 rd | 11:45 am | Music Therapy through Karaoke | Noah T |
| Thu, Apr 25 th | 11:45 am | Laughter as Medicine | Linda Paumer, MA |
| Fri, Apr 26 th | 11:45 am | Brain Health | Rob Mitchell, RN |
| Tue, Apr 30 th | 11:45 am | Dealing with Symptoms | Sharon Myers, RN |
| Thu, May 2 nd | 11:45 am | Gero Student Presentations | Billal, Noah, Wendy |

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

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