



NEVER ANY SESSIONS ON WED

**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 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 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
INSTRUCTIONAL MAHJONGG, FRI, 9:30-11:30 AM	IN PERSON ONLY

### EDUCATION SESSIONS:

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

**FYI: APRIL IS STRESS AWARENESS MONTH**

### GUEST SPEAKERS

Tue, Apr 1 <sup>st</sup>	11:45 am	Every Day is Earth Day	Debbie Lucas, RD
Thu, Apr 3 <sup>rd</sup>	11:45 am	Sleep Issues	Juan, Michelle, Miriam
Fri, Apr 4 <sup>th</sup>	11:45 am	Students in the Kitchen	
Tue, Apr 8 <sup>th</sup>	11:45 am	Stress Overview	Cari Shulkin, RN
Thu, Apr 10 <sup>th</sup>	11:45 am	Devices	Radhika Bukkapatnam, MD
	5:30 pm	OA/Gero Student Zoom Interaction	Zoom ID# 850 1994 0025
Fri, Apr 11 <sup>th</sup>	11:45 am	Students in the Kitchen	
Tue, Apr 15 <sup>th</sup>	11:45 am	No Tax Cooking (ie., quick, easy)	Debbie & John
Thu, Apr 17 <sup>th</sup>	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Apr 18 <sup>th</sup>	11:45 am	Students in the Kitchen	
Tue, Apr 22 <sup>nd</sup>	11:45 am	Laughter as Medicine	Linda Paumer, MA
Thu, Apr 24 <sup>th</sup>	11:45 am	Stress & Effects on the Heart	Sharon Myers, RN
Fri, Apr 25 <sup>th</sup>	11:45 am	Potluck Lunch	Whole-Food, Plant-Based
Tue, Apr 29 <sup>th</sup>	11:45 am	Stress & Effects on the Brain	Rob Mitchell, RN

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

For more information: email Program Coordinator, Linda Paumer – [csuscwvwellness@gmail.com](mailto:csuscwvwellness@gmail.com)