



NEVER ANY SESSIONS ON WEDNESDAYS

August 2025

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
NOTE: No circuits Th/Fr 8/21-8/22	
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

Please note we are closed Friday, Aug 22nd

GUEST SPEAKERS

Tue, Aug 5 th	11:45 am	Dietary Guidelines	Debbie Lucas, RD
Thu, Aug 7 th	11:45 am	Heart/Kidney Connection	Radhika Bukkapatnam, MD
Fri, Aug 8 ^h	11:45 am	Students in the Kitchen	
Tue, Aug 12 th	11:45 am	Atrial Fibrillation	Sharon Myers, RN
Thu, Aug 14 th	11:45 am	Surprise	Cari Shulkin, RN
Fri, Aug 15 th	11:45 am	Students in the Kitchen	
Tue, Aug 19 th	11:45 am	On the Road Again (Travel foods)	Debbie & John
Thu, Aug 21 st	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Aug 22nd	11:45 am	Program is Closed	Parking Lot Renovations
Tue, Aug 26 th	11:45 am	PsychoSocial Wellness	Linda Goode, LSW
Thu, Aug 28 th	11:45 am	Medications/Supplements/Kidneys	Linda Pham, PharmD
Fri, Aug 29 th	11:45 am	Potluck Lunch	Whole-Food, Plant-Based
+BONUS	11:45 am	Q&A	Javier Lopez, MD

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

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