



Cardiovascular Wellness Program

August 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, SHARON, JULIE, LEANNE STRETCH/BALANCE/RESISTANCE)	
GROUP STRETCH → TUE, THU, 10:00 AM, 45 MINUTES	Zoom ID # 881 9363 5013
GROUP RESISTANCE → TU, TH, 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 (W/PT DURING SEMESTER)	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
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GUEST SPEAKERS

Tue, Aug 4 th	11:45 am	Transition to Plant-Based Eating	Debbie Lucas, RD
Thu, Aug 6 th	11:45 am	Mindfulness Practice	Sharon Myers, RN
Fri, Aug 7 th	11:45 am	(no presentation)	
Tue, Aug 11 th	11:45 am	Are You as Smart as a 5 th grader?	Linda Paume, MA
Thu, Aug 13 th	11:45 am	Lipid Management	Radhika Bukkapatnam, MD
Fri, Aug 14 th	11:45 am	Students in the Kitchen	
Tue, Aug 18 th	11:45 am	Travel Foods	Debbie & John
Thu, Aug 20 th	11:45 am	Thriving Together	Konrad Dias (PT) & Sarah Brown-Blake (Nursing)
Fri, Aug 21 st	11:45 am	Students in the Kitchen	
Tue, Aug 25 th	11:45 am	Window of Tolerance	Linda Goode, LCSW
Thu, Aug 27 th	11:45 am	Community	Cari Shulkin, RN
Fri, Aug 28 th	11:45 am	Potluck Lunch	Whole-Food, Plant-Based

Fall Semester starts August 31st

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

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