



SACRAMENTO
STATE

Cardiovascular Wellness Program

February 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 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/THUR/FRI @ 11:45 AM

Zoom ID# 916 5375 9408

GUEST SPEAKERS

Tue, Feb 3 rd	11:45 am	Nutrition Aspects of Aging	Debbie Lucus, RD
Thu, Feb 5 th	11:45 am	Sharing Stories	Sharon,& Linda start, Mary & Lyn finish
Fri, Feb 6 th	11:45 am	Students in the Kitchen	
Tue, Feb 10 th	11:45 am	Resolution Boost	Sharon Myers, RN
Thu, Feb 12 th	11:45 am	Brain Games – World Geograpgy	Linda Paumer, MA
Fri, Feb 13 th	11:45 am	Students in the Kitchen	
Tue, Feb 17 th	11:45 am	Cooking Demo --	Debbie & John
Thu, Feb 19 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Feb 20 th	11:45 am	Students in the Kitchen	
Tue, Feb 24 th	11:45 am	Life's Losses—Grief Coping Pt 2	Linda Goode, LCSW
Thu, Feb 26 th	11:45 am	Program Update	Linda Paumer, MA
Fri, Feb 27 th	11:45 am	Potluck Lunch	Whole-Food, Plant-Based

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

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