



SACRAMENTO
STATE

Cardiovascular Wellness Program

FEBRUARY 2023

Please NOTE Start Times -- They Vary

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 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 11:05 AM, 25 MIN

ZOOM ID #889 3266 7307

CIRCUITS → MON 3:30 PM, 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, MON, 1:15 PM

ZOOM ID# 865 7400 3755

EDUCATION SESSIONS:

MON/TUES/THUR/FRI @ 11:45 AM

ZOOM ID# 916 5375 9408

GUEST SPEAKERS

Thu, Feb 2 nd	11:45 am	Exercise & Your Heart	Linda Paumer, MA
Fri, Feb 3 rd	11:45 am	Women's Heart Health Forum	virtual
Mon Feb 6 th	11f:45 am	Stress Management	Themis Yiaslas, PhD
Tue, Feb 7 th	11:45 am	Eating for your Heart	Debbie Lucas, RD
Thu, Feb 9 th	11:45 am	Cooking Demo	Tim Nguyen
Fri, Feb 10 th	11:45 am	Interpreting Lab Values	Terri Fuentes, RN
Tue, Feb 14 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Thu, Feb 16 th	11:45 am	Women & Heart Disease	Radhika Bukkapatnam, MD
Fri, Feb 17 th	11:45 am	Women's Heart Health Forum	virtual
Mon, Feb 20 th	11:45 am	Stress Management	Themis Yiaslas, PsyD
Tue, Feb 21 st	11:45 am	Eating for Other Organs	Debbie Lucas, RD
Thu, Feb 23 rd	11:45 am	Men & Heart Disease	Rob Mitchell, RN
Fri, Feb 24 th	11:45 am	Women's Heart Health Forum	virtual
Tue, Feb 28 th	11:45 am	Heart Risk	Cari Shulkin, RN

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

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