



**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 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/FRI 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

### EDUCATION SESSIONS:

TUES/THUR/FRI @ 11:45 AM	ZOOM ID# 916 5375 9408
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### GUEST SPEAKERS

Thu, Feb 1 <sup>st</sup>	11:45 am	Gero Project Introduction	Noah Togonon
Fri, Feb 2 <sup>nd</sup>	11:45 am	Student in the Kitchen	Potato Tacos!
Tue, Feb 6 <sup>th</sup>	11:45 am	Eating for your Heart	Debbie Lucas, RD
Thu, Feb 8 <sup>th</sup>	11:45 am	Exercising for your Heart	Linda Paumer, MA
Fri, Feb 9 <sup>th</sup>	11:45 am	Heart Anatomy Basics	Rob Mitchell, RN
Tue, Feb 13 <sup>th</sup>	11:45 am	Diseases of the Heart	Sharon Myers, RN
Thu, Feb 15 <sup>th</sup>	11:45 am	Oral Health	Billal Anwary, gero intern
Fri, Feb 16 <sup>th</sup>	11:45 am	Obesity & Heart Disease	Mythili Vedala, MD
Tue, Feb 20 <sup>th</sup>	11:45 am	Baking Basics	Debbie Lucas, RD
Thu, Feb 22 <sup>nd</sup>	11:45 am	Medical Update	Javier Lopez, MD
Fri, Feb 23 <sup>rd</sup>	11:45 am	Potluck Lunch	Whole-Food, Plant-Based
Tue, Feb 27 <sup>th</sup>	11:45 am	Mindfulness Practice	Linda Larsen, RN
Thu, Feb 29 <sup>th</sup>	11:45 am	Music Therapy through Karaoke	Noah Togonon, gero intern

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

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