



SACRAMENTO  
STATE

# Cardiovascular Wellness Program

## January 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, ull 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 11:05 AM, 25 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 TUE, @ 3:30 PM, 45 MINUTES

ZOOM ID# 865 7400 3755

### EDUCATION SESSIONS:

TUES/THUR/FRI @ 11:45 AM

ZOOM ID# 916 5375 9408

STRESS MANAGEMENT, SELECT MONDAYS 11:45 AM

ZOOM ID# 825 6846 3615

### GUEST SPEAKERS

|                           |          |                         |                         |
|---------------------------|----------|-------------------------|-------------------------|
| Tue, Jan 3 <sup>rd</sup>  | 11:45 am | New You                 | Debbie Lucas, RD        |
| Thu, Jan 5 <sup>th</sup>  | 11:45 am | Mindfulness Practice    | Linda Larsen, RN        |
| Fri, Jan 6 <sup>th</sup>  | 11:45 am | Brain Games             | Cari Shulkin, RN        |
| Tue, Jan 10 <sup>th</sup> | 11:45 am | Kidney Basics           | Rob Mitchell, RN        |
| Thu, Jan 12 <sup>th</sup> | 11:45 am | Program Update          | Linda Paumer, MA        |
| Fri, Jan 13 <sup>th</sup> | 11:45 am | Muscle Wasting          | Quenton Pham            |
| Tue, Jan 17 <sup>th</sup> | 11:45 am | Soup's On               | Debbie Lucas, RD        |
| Thu, Jan 19 <sup>th</sup> | 11:45 am | Medical Discussion      | Radhika Bukkapatnam, MD |
| Fri, Jan 20 <sup>th</sup> | 11:45 am | Mindfulness Practice    | Linda Larsen, RN        |
| Mon, Jan 23 <sup>rd</sup> | 11:45 am | Stress Management       | Themis Yiaslas, PsyD    |
| Tue, Jan 24 <sup>th</sup> | 11:45 am | Tech Talk               | Tim Nguyen              |
| Thu, Jan 26 <sup>th</sup> | 11:45 am | Medical Discussion      | Javier Lopez, MD        |
| Fri, Jan 27 <sup>th</sup> | 11:45 am | Students in the Kitchen | led by Tim              |
| Tue, Jan 31 <sup>st</sup> | 11:45 am | Kidney Foillow-up       | Rob Mitchell, RN        |

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

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