



Cardiovascular Wellness Program

July 2025

NEVER ANY SESSIONS ON WED

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/THURS/FRI @ 11:45 AM ZOOM ID# 916 5375 9408

NOTE: WE were closed July 1st – July 4th



GUEST SPEAKERS

Tue, Jul 8 th	11:45 am	Pump up the Volume	Debbie Lucas, RD
Thu, Jul 10 th	11:45 am	Fitness Facts	Linda Paumer, MA
Fri, Jul 11 th	11:45 am	Students in the Kitchen	
Tue, Jul 15 th	11:45 am	Grillin' (Food Demo)	Debbie & John
Thu, Jul 17 th	11:45 am	Card Making Party	Donna Jensen & Wendy Bucan
Fri, Jul 18 th	11:45 am	Students in the Kitchen	
Tue, Jul 22 nd	11:45 am	Aural Rehabilitation	Audiology Students
Thu, Jul 24 th	11:45 am	NEAT (non-essential activity)	Sharon Myers, RN
Fri, Jul 25 th	11:45 am	Potluck Lunch	Whole-Food, Plant-Based
BONUS	11:45 am	Q&A	Javier Lopez, MD
Tue, Jul 29 th	11:45 am	Group Discussion	Linda Goode, MSW
Thu, Jul 31 st	11:45 am	Surprise	Cari Shulkin, RN
Fri, Aug 1 st	11:45 am	Students in the Kitchen	

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

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