



Cardiovascular Wellness Program

July 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 INTRODUCTORY MOVES
EXERCISE SESSIONS (W/LINDA, SHARON, JULIE, LEANNE STRETCH/BALANCE/RESISTANCE)	
GROUP STRETCH → TUE, THU, 10:15 AM, 45 MINUTES	Zoom ID # 881 9363 5013
GROUP RESISTANCE → Tu,Th 11:10 AM, 20 MIN; FR 11:00 AM, 30 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 (W/PT DURING SEMESTER)	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
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GUEST SPEAKERS



Thu, Jul 2 nd	11:45 am	Summer Health	Radhika Bukkapatnam, MD
Fri, Jul 3 rd	CLOSED	CAMPUS HOLIDAY	4 th of July

Tue, Jul 7 th	11:45 am	Pump up the Volume	Debbie Lucas, RD
Thu, Jul 9 th	11:45 am	Mindfulness Practice	Sharon Myers, RN
Fri, Jul 10 th	11:45 am	Students in the Kitchen	
Tue, Jul 14 th	11:45 am	Acute Stroke	John Schafer, MD
Thu, Jul 16 th	11:45 am	Back Health	Sharon Myers, RN
Fri, Jul 17 th	11:45 am	Students in the Kitchen	
Tue, Jul 21 st	11:45 am	Let's Grill	Debbie & John
Thu, Jul 23 rd	11:45 am	Q&A	Javier Lopez, MD
Fri, Jul 24 th	11:45 am	Students in the Kitchen	
Tue, Jul 28 th	11:45 am	Travel Tips for Mental Health	Linda Goode, LCSW
Thu, Jul 30 th	11:45 am	Dementia & Dementia Research	HiDO & UCD Alzheimer's Clinic
			Julie, Keyana, Izadora & Priska
Fri, Jul 31 st	11:45 am	Potluck Lunch	Whole-Food, Plant-Based

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

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