



SACRAMENTO STATE

Cardiovascular Wellness Program

June 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

GUEST SPEAKERS

Tue, Jun 2 nd	11:45 am	Sodium Shakedown	Debbie Lucas, RD
Thu, Jun 4 th	11:45 am	Mindfulness Practice	Sharon Myers, RN
Fri, Jun 5 th	11:45 am	Students in the Kitchen	
Tue, Jun 9 th	11:45 am	Extreme Exercise/Exercise Extremities	Linda Paumer, MA
Thu, Jun 11 th	11:45 am	Peripheral Vascular Disease	Sharon Myers & Cari Shulkin, RNs
Fri, Jun 12 th	11:45 am	Students in the Kitchen	
Tue, Jun 16 th	11:45 am	Soy Curl Cooking	Debbie & John
Thu, Jun 18 th	11:45 am	Saving the American River	Nancy Kniskern
Fri, Jun 19 th	CLOSED	CAMPUS HOLIDAY	Juneteenth
			
Tue, Jun 23 rd	11:45 am	Dance Party	Happy Birthday to Leoni & Leanne!
Thu, Jun 25 th	11:45 am	Travel Health	Cari Shulkin, RN
Fri, Jun 26 th	11:45 am	Potluck Lunch	Whole-Food, Plant-Based
Tue, Jun 30 th	11:45 am	Heat & Mental Health	Linda Goode, LCSW
Thu, Jul 2 nd	11:45 am	Summer Health	Radhika Bukkapatnam, MD
Fri, Jul 3 rd	CLOSED	CAMPUS HOLIDAY	4 th of July
			

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

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