



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 | Summer Health | Radhika Bukkapatnam, MD |
| 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 | Travel Health | Cari Shulkin, RN |
| 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