



Cardiovascular Wellness Program

June 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
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GUEST SPEAKERS

Tue, Jun 3 rd	11:45 am	Sodium Shakedown	Debbie Lucas, RD
Thu, Jun 5 th	11:45 am	Memory	Cari Shulkin, RN
Fri, Jun 6 th	11:45 am	Students in the Kitchen	
Tue, Jun 10 th	11:45 am	Meet & Greet	Linda Goode, LSW
Thu, Jun 12 th	11:45 am	Brain Basics	Kim Roberts, Ph.D.
Fri, Jun 13 th	11:45 am	Students in the Kitchen	
Tue, Jun 17 th	11:45 am	Cooking Demo –Red, White & Blue Foods	Debbie & John
Thu, Jun 19 th	11:45 am	Brain Health	Rob Mitchell, RN
Fri, Jun 20 th	11:45 am	Students in the Kitchen	
Tue, Jun 24 th	11:45 am	Cognition	Bob Schafer CEO Luminosity
Thu, Jun 26 th	11:45 am	Stroke Risk	Radhika Nandur Bukkapatnam, MD
Fri, Jun 27 th	11:45 am	Potluck Lunch	Whole-Food, Plant-Based

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

Webpage:

<https://cardiovascularwellnessprogram.org/>

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