



SACRAMENTO STATE

Cardiovascular Wellness Program

March 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, 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/THUR/FRI @ 11:45 AM ZOOM ID# 916 5375 9408

GUEST SPEAKERS

Tue, Mar 3 rd	11:45 am	Eating for your Brain	Debbie Lucas, RD
Thu, Mar 5 th	11:45 am	Memory	Cari Shulkin, RN
Fri, Mar 6 th	11:45 am	Students in the Kitchen	
Tue, Mar 10 th	11:45 am	The Aging Brain	Linda Paumer, MA
Thu, Mar 12 th	11:45 am	A fib/Stroke/Risk	Radhika Bukkapatnam, MD
Fri, Mar 13 th	11:45 am	Students in the Kitchen	
Tue, Mar 17 th	11:45 am	Green Food Party	Debbie & John
Thu, Mar 19 th	11:45 am	Are the green things in your body red flags?	Sharon Myers/Cari Shuklin, RNs
Fri, Mar 20 th	11:45 am	Students in the Kitchen	
Tue, Mar 24 th	11:45 am	Grief & Loss Cont'd	Linda Goode, LCSW
Thu, Mar 26 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Mar 27 th	11:45 am	Potluck Lunch	Whole-Food, Plant-Based

Tue, Mar 31st CAMPUS IS CLOSED – CESAR CHAVEZ DAY

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

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