



SACRAMENTO STATE

Cardiovascular Wellness Program

MARCH 2023

Please NOTE Start Times -- They Vary

NEVER ANY SESSIONS ON WED

ACTIVITY 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

Tues, March 7th pm has changes
- -be sure to read email

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/FRI 11:05 AM, 25 MIN

ZOOM ID #889 3266 7307

CIRCUITS → MON 3:30 PM, 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 → MON, 1:15 PM

ZOOM ID# 865 7400 3755

EDUCATION SESSIONS:

MON/TUES/THUR/FRI @ 11:45 AM

ZOOM ID# 916 5375 9408

GUEST SPEAKERS

Thu, Mar 2 nd	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Mar 3 rd	11:45 am	(no presentation)	
Mon Mar 6 th	11:45 am	Stress Management	Themis Yiaslas, PhD
Tue, Mar 7 th	11:45 am	Greens	Debbie Lucas, RD
Thu, Mar 9 th	11:45 am	Using Your Brain	Cari Shulkin RN
Fri, Mar 10 th	11:45 am	Research Discussion/Planning	CSUS Faculty
Tue, Mar 14 th	11:45 am	Pi/Pie Day	Debbie Lucas, RD
Thu, Mar 16 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Mar 17 th	11:45 am	Brain Structures & Function	Terri Fuentes, RN
Mon, Mar 20 th	11:45 am	Stress Management	Themis Yiaslas, PsyD
Tue, Mar 21 st	11:45 am	Student Designed Brain Games	Rob Mitchell, RN
Thu, Mar 23 rd	11:45 am	Brain Health	Radhika Bukkapatnam, MD
Fri, Mar 24 th	11:45 am	Recipe Trials	Students in the Kitchen
Tue, Mar 28 th	11:45 am	Stroke Awareness	Nursing 144 Interns, Jenn & Jay
Thu, Mar 30 th	11:45 am	RD Journey	Michele Casias, RD
Fri, Mar 31 st		SAC STATE IS CLOSED	Cesar Chavez Day

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

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