



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 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/FRI 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

EDUCATION SESSIONS:

TUES/THUR/FRI @ 11:45 AM	ZOOM ID# 916 5375 9408
--------------------------	------------------------

GUEST SPEAKERS

Fri, Mar 1 st	11:45 am	Cancer Basics	Rob Mitchell, RN
Tue, Mar 5 th	11:45 am	Go Greens	Debbie Lucas, RD
Thu, Mar 7 th	11:45 am	Cancer & Exercise	Linda Paumer, MA
Fri, Mar 8 th	11:45 am	Students in the Kitchen	
Tue, Mar 12 th	11:45 am	Music Therapy through Karaoke	Noan Togonon
Thu Mar 14 th	11:45 am	Blood Pressure	Konrad Dias, DPT
Fri, Mar 15 th	11:45 am	Cancer Screening	Rob Mitchell, RN
Tue, Mar 19 th	11:45 am	Cooking Demonstration	Debbie Lucas, RD
Thu, Mar 21 st	11:45 am	Medical Update	Radhika Bukkapatnam, MD
Fri, Mar 22 nd	11:45 am	Students in the Kitchen	
Tue, Mar 26 th	11:45 am	Dealing with Cancer	Sharon Myers, RN
Thu, Mar 28 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Mar 29 th	11:45 am	Potluck Lunch	Whole-Food, Plant Based

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

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