



Cardiovascular Wellness Program

Please **NOTE** Start Times -- They Vary

MAY 2022

NEVER ANY SESSIONS ON WED

ACTIVITY SESSIONS –

TAI CHI (W/ DAVID) MON, TUE, THU, FRI (30 min x2)
 9:00 AM INTRODUCTORY MOVES, 9:30 AM Full version Short COURSE

ZOOM ID# 897 520 111

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, 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

EDUCATION SESSIONS:

TUES/THUR/FRI @ 11:45 AM

ZOOM ID# 916 5375 9408

GERO 101 INTERACTIONS THUR @ 5:30 PM (LAST ONE MAY 5TH)

Zoom ID# 828 6930 8892

GUEST SPEAKERS

Tue, May 3 rd	11:45 am	(no presentation)	
Thu, May 5 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
	5:30 pm	Gero 101 Interactions	Us & Them
Fri, May 6 th	11:45 am	Gero131 Project Presentation	Amy Thao
Tue, May 10 th	11:45 am	COVID Update	Rob Mitchell, RN
Thu, May 12 th	11:45 am	Function & Fitness	Linda Paumer, MA
Fri, May 13 th	11:45 am	Project Presentations	Student Interns
Tue, May 17 th	11:45 am	Transitions	Debbie Lucas, RD
Thu, May 19 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, May 20 th	11:45	Function	Cari Shulkin, RN+ Student Interns
Tue, May 24 th	11:45 am	Sitting Meditation	Rev. Miki Nakura, <i>Japanese Buddhist Monk</i>
Thu, May 26 th	11:45 am	Meet & Greet	Terri Fuentes, RN
Fri, May 27 th	11:45 am	Health Discussion	Javier Lopez, MD
Tue, May 31 st	11:45 am	Peripheral Vascular Disease	Rob Mitchell, RN

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

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