



Cardiovascular Wellness Program

MAY 2023

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

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

Mon May 1 st	11:45 am	Positive Psychology	Themis Yiaslas, PhD
Tue, May 2 nd	11:45 am	Mushrooms	Debbie Lucas, RD
Thu, May 4 th	11:45 am	Mindfulness Practice	Linda Larsen, RN, CYT
Fri, May 5 th	11:45 am	Possible Student Presentations	
Tue, May 9 th	11:45 am	Nursing Role in Patient Attitudes	Rob Mitchel, RN
Thu, May 11 th	11:45 am	Student Presentations	Maya, et al
Fri, May 12 th	11:45 am	Recipe Trials – Happy End of Semester	Students
Mon May 15 th	11:45 am	Positive Psychology	Themis Yiaslas, PhD
Tue, May 16 th	11:45 am	OA & Hip Replacement	Rob Mitchell, RN
Thu, May 18 th	11:45 am	Mindfulness Practice	Linda Larsen, RN, CYT
Fri, May 19 th	11:45 am	Exercise with/for Arthritis	Linda Paumer, MA
Tue, May 23 rd	11:45 am	Travel Foods	Debbie Lucas, RD
Thu, May 25 th	11:45 am	Medical Discussion	Javier Lopez, MD
Fri, May 26 th	11:45 am	Surprise Topic	Cari Shulkin, RN
Mon, May 29 th	CAMPUS IS CLOSED FOR MEMORIAL DAY		
Tue, May 30 th	} WE ARE CLOSED THIS WEEK		
Thu, Jun 1 st			
Fri, Jun 2 nd			

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

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