



SACRAMENTO STATE

Cardiovascular Wellness Program

May 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, SHARON, JULIE, LEANNE STRETCH/BALANCE/RESISTANCE)	
GROUP STRETCH → TUE, THU, 10:15 AM, 45 MINUTES	ZOOM ID # 881 9363 5013
GROUP RESISTANCE → Tu,Th 11:10 AM, 20 MIN; FR 11:00 AM, 30 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 (W/PT DURING SEMESTER)	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, May 5 th	11:45 am	Staying Resilient in Troubled Times	Sharon Myers, RN
Thu, May 7 th	11:45 am	Mother's Day Floral Fest	Vanessa & Sharon
		Story-Sharing Recap	Tia & Emily, gero interns
Fri, May 8 th	11:45 am	Healthy Aging Fair	Gero 103
Tue, May 12 th	11:45 am	Nutrition on a Budget	Debbie Lucas, RD
Thu, May 14 th	11:45 am	Medical BurnOut	Radhika Bukkapatnam, MD
Fri, May 15 th	11:45 am	Osteoporosis	Anne Schafer, MD
Tue, May 19 th	11:45 am	Spring/Summer Foods	Debbie & John
Thu, May 21 st	11:45 am	Q & A	Javier Lopez, MD
Fri, May 22 nd	11:45 am	Students in the Kitchen	
Tue, May 26 th	11:45 am	Resource Management	Linda Goode, LCSW
Thu, May 28 th	11:45 am	Managing Social Support	Cari Shulkin, RN
Fri, May 29 th	11:45 am	Potluck Lunch	Whole-Food, Plant-Based

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

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