

NEVER ANY SESSIONS ON WED

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 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 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
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

Fri, Nov 1 st	11am- 1 pm	Matter of Balance class	pre-signup required
Tue, Nov 5 th	11:45 am	Carbs	Debbie Lucas, R.D.
Thu, Nov 7 th	11:45 am	Brain Chemistry	Rob Mitchell, RN
Fri, Nov 8 th	11am - 1 pm	Matter of Balance class	pre-signup required
Tue, Nov 12 th	11:45 am	Atrial Rhythms	Cari Shulkin, RD
Thu, Nov 14 th	11:45 am	Gratitude	Sharon Myers, RN
Fri, Nov 15 th	11am - 1 pm	Matter of Balance class	pre-signup required
Tue, Nov 19 th	11:45 am	Cooking Demo	Debbie & John
Thu, Nov 21 st	11:45 am	Q & A	Javier Lopez, MD
Fri, Nov 22 nd	11am - 1 pm	Matter of Balance class	pre-signup required
	11:45 am	Monthly Potluck	Whole-Food, Plant-Based Eating
Tue, Nov 26 th	11:45 am	Mindfulness Practices	Desiree & Mikelle, student interns

Thu, Nov 28th
Fri, Nov 29th



CLOSED



Thanksgiving Holiday

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

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