SACRAMENTO STATE

Cardiovascular Wellness Program

NEVER ANY SESSIONS ON WEDNESDAYS

November 2026

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, 10:00 AM, 45 MINUTES ZOOM ID # 881 9363 5013
GROUP RESISTANCE →TU,TH , 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, Nov 3rd	11:45 am	Fun with Carbs	Debbie Lucus, RD
Thu, Nov 5th	11:45 am	Supplements	Radhika Bukkapatnam, MD
Fri, Nov 6th	11:45 am	Students in the Kitchen	
Tue, Nov 10th	11:45 am	Tips for Holiday Mindfulness	Linda Goode, LCSW
Thu, Nov 12th	11:45 am	Study of Awe	Maria Monroy, PhD
			Sociology Researcher from Northern California VA
Fri, Nov 13th	11:45 am	Mindfulness Practice	Linda Larsen, RN *(via Zoom)*
Tue, Nov 17th	11:45 am	Healthy Plant Proteins Cooking Demo	Debbie & John
Thu , Nov 19th	11:45 am	Who Invited the ISTJ?	Sharon Myers, RN
		Making sense of family dynamics using personality tests	
Fri, Nov 20th	11:30 am	Holiday Heart Attacks	Julie Harvey & Amaya Rehman
	11:45 am	Potluck Lunch	Whole-Food, Plant-Based
Tue, Nov 24th	11:45 am	Master Plan of Aging	Cassidy Espinosa
Thu, Nov 26th Fri, Nov 27th	}	CLOSED	Thanksgiving Holiday



Webpage: https://cardiovascularwellnessprogram.org/
For more information: email Program Coordinator, Linda Paumer – csuscvwellness@gmail.com