



**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

Tue, Oct 1 <sup>st</sup>	11:45 am	Fats	Debbie Lucas, RD
Thu, Oct 3 <sup>rd</sup>	11:45 am	Fall Prevention	Cari Shulkin, RN
Fri, Oct 4 <sup>th</sup>	11a- 1 pm	Matter of Balance class	pre-signup required
Tue, Oct 8 <sup>th</sup>	11:45 am	Emergency Devices	Dot Boyd
Thu, Oct 10 <sup>th</sup>	11:45 am	Sense of Coherence	Sharon Myers, RN
Fri, Oct 11 <sup>th</sup>	11a- 1 pm	Matter of Balance class	pre-signup required
Tue, Oct 15 <sup>th</sup>	11:45 am	No Eggs (Cooking Demonstration)	Debbie & John
Thu, Oct 17 <sup>th</sup>	11:45 am	Heart Disease & Sleep	Radhika Bukkapatnam, MD
Fri, Oct 18 <sup>th</sup>	11a- 1 pm	Matter of Balance class	pre-signup required
Tue, Oct 22 <sup>nd</sup>	11:45 am	Brain Health	Rob Mitchell, RN
Thu, Oct 24 <sup>th</sup>	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Oct 25 <sup>th</sup>	11:45 am	Monthly Potluck	Whole-Food, Plant Based Eating!
	11a- 1 pm	Matter of Balance class	pre-signup required
Tue, Oct 29 <sup>th</sup>	11:45 am	Q&A	Javier Lopez, MD
Thu, Oct 31 <sup>st</sup>	11:45 am	Blood Thinners	Konrad Dias, DPT
Fri, Nov 1 <sup>st</sup>	11a- 1 pm	Matter of Balance class	pre-signup required

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

For more information: email Program Coordinator, Linda Paumer – [csuscwvwellness@gmail.com](mailto:csuscwvwellness@gmail.com)