



Cardiovascular Wellness Program

September 2022

Please NOTE Start Times -- They Vary
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 INTRODUCTORY MOVES, 9:30 AM Full version Short COURSE

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, 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

EDUCATION SESSIONS:

TUES/THUR/FRI @ 11:45 AM

Zoom ID# 916 5375 9408

Thu, Sep 1 st	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Sep 2 nd	11:45 am	Sense of Community	Cari Shulkin, RN
Tue, Sep 6 th	11:45 am	Carbs	Debbie Lucas, RD
Thu, Sep 8 th	11:45 am	Fall Prevention	Rolando Lazaro, PhD, PT
Fri, Sep 9 th	11:45 am	Cooking Demo	Tim + Students
Tue, Sep 13 th	11:45 am	Nurse Training	Rob Mitchell, RN
Thu, Sep 15 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Sep 16 th	11:45 am	Cooking Demo	Tim + Students
Tue, Sep 20 th	11:45 am	Fats	Debbie Lucas, RD
Thu, Sep 22 nd	11:45 am	Fall Projects	Linda Paumer, MA
Fri, Sep 23 rd	11:45 am	Health Discussion	Javier Lopez, MD
Tue, Sep 27 th	11:45 am	<u>After the Fall</u>	Rob Mitchell?
Thu, Sep 29 th	11:45 am	Health Discussion	Radhika Bukkapatnam, MD
Fri, Sep 30 th	11:45 am	Falls	Cari Shulkin, RN

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

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