



SACRAMENTO  
STATE

# Cardiovascular Wellness Program

**NEVER ANY SESSIONS ON WEDNESDAYS**

**September 2025**

**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/THURS/FRI @ 11:45 AM Zoom ID# 916 5375 9408

## GUEST SPEAKERS

Tue, Sep 2 <sup>nd</sup>	11:45 am	Protein	Debbie Lucas, RD
Thu, Sep 4 <sup>th</sup>	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Sep 5 <sup>th</sup>	11:45 am	Students in the Kitchen	
Tue, Sep 9 <sup>th</sup>	11:45 am	Falls	Cari Shulkin, RN
Thu, Sep 11 <sup>th</sup>	11:45 am	Older Adult Learning	Linda Paumer, MA
Fri, Sep 12 <sup>th</sup>	11:45 am	Students in the Kitchen	
Tue, Sep 16 <sup>th</sup>	11:45 am	Meat Substitutes	Debbie & John
Thu, Sep 18 <sup>th</sup>	11:45 am	PT Assessment Report	Dan/Henry/Konrad Dias
Fri, Sep 19 <sup>th</sup>	11:45 am	Students in the Kitchen	
Tue, Sep 23 <sup>rd</sup>	11:45 am	PsychoSocial Wellness –	Linda Goode, LSW
Thu, Sep 25 <sup>th</sup>	11:45 am	Fraud Awareness	Pheonix Xiong, gero intern
Fri, Sep 26 <sup>th</sup>	11:45 am	Potluck Lunch	Whole-Food, Plant-Based
	11am - 1 pm	Matter of Balance class	pre-signup required
Tue, Sep 30 <sup>th</sup>	11:45 am	Emergency Preparedness	Sharon Myers, RN

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

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