



NEVER ANY SESSIONS ON WEDNESDAYS

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
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GUEST SPEAKERS

Tue, Sep 1 st	11:45 am	Pseudo Dementia	Sharon Myers, RN
Thu, Sep 3 rd	11:45 am	Chest Pain or Angina?	Cari Shulkin, RN
Fri, Sep 4 th	11:45 am	Students in the Kitchen	
Tue, Sep 8 th	11:45 am	Nutrition Focus Group	Ana Palacio, nutrition grad
Thu, Sep 10 th	11:45 am	Balance	Linda Paumer, M.A.
Fri, Sep 11 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Tue, Sep 15 th	11:45 am	Tips on Caring for the Caregiver	Linda Goode, LCSW
Thu, Sep 17 th	11:45 am	Game Day	Leonna Inspired
Fri, Sep 19 th	11:45 am	Students in the Kitchen	
Tue, Sep 22 nd	11:45 am	Nutrition & Aging	Debbie Lucas, RD
Thu, Sep 24 th	11:45 am	Supplements and CV Disease	Radhika Bukkapatnam, MD
Fri, Sep 25 th	11:45 am	Potluck Lunch	Whole-Food, Plant-Based
Tue, Sep 29 th	11:45	Batch Cooking	Debbie & John

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

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