



NEVER ANY SESSIONS ON WED

Note Closures: July 4th - 5th; August 19th- 23rd

ACTIVITY 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/FRI 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

EDUCATION SESSIONS:

TUES/THUR/FRI @ 11:45 AM ZOOM ID# 916 5375 9408

GUEST SPEAKERS

Tues, Jul 2nd 11:45 am BBQ Debbie Lucas, RD

Thu, Jul 4th
 Fri, Jul 5th } *Closed for 4th of July*

Tue, Jul 9th 11:45 am Summer Survival I Cari Shuilkin, RN

Thu, Jun 11th 11:45 am Sleep Research Kim Roberts, PhD

Fri, Jun 12th 11:45 am Students in the Kitchen

Tue, Ju; 16th 11:45 am Cooking Demonstration Debbie & John

Thu, Jul 18th 11:45 am Mindfulness Practice Linda Larsen, RN

Fri, Jul 19th 11:45 am Student in the Kitchen

Tue, Jul 23rd 11:45 am Summer Survival II Rob Mitchell, RN

Thu, Jul 25th 11:45 am The Aging Heart Radhika Bukkapatnam, MD

Fri, Jul 26th 11:45 am Monthly Potluck Whole-Food, Plant Based Eating!

Tue, Jul 30th 11:45 am Camino Triple Crown Ken Cross

(Littoral, Spiritual Variant, and Camino Finisterre in Portugal and Spain)

Thu, Aug 1st 11:45 am Student Presentation Aditya Rajeev et al

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

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