



SACRAMENTO STATE

Cardiovascular Wellness Program July 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

Tue, Jul 5 th	11:45 am	Inflammation	Debbie Lucus, RD
Thu, Jul 7 th	11:45 am	How the Heart Works	Linda Paumer, MA
Fri, Jul 8 th	11:45 am	Who's at Risk for Heart Failure	Cari Shulkin, RN
Tue, Jul 12 th	11:45 am	Spinal Anatomy	Rob Mitchell, RN
Thu, Jul 14 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Jul 15 th	11:45 am	Cooking Demo	Students
Tue, Jul 19 th	11:45 am	Salt & Fluids	Debbie Lucus, RD
Thu, Jul 21 st	11:45 am	More on Heart Failure	Radhika Bukkapatnam, MD
Fri, Jul 22 nd	11:45 am	Cooking Demo/Mayo Clinic	students
Tue, Jul 26 th	11:45 am	Spinal Disorders	Rob Mitchell, RN
Thu, Jul 28 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Jul 29 th	11:45 am	Health Discussion	Javier Lopez, MD

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

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

