



SACRAMENTO
STATE

Cardiovascular Wellness Program

APRIL 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

GERO 101 INTERACTIONS THUR @ 5:30 PM (SELECT WEEKS) Zoom ID# 828 6930 8892

GUEST SPEAKERS

Fri, Apr 1 st	11:45 am	Laughter as Medicine	Linda Paumer, MA
Tue, Apr 5 th	11:45 am	Traveling Healthily	Debbie Lucas, RD
Thu, Apr 7 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Apr 8 th	11:45 am	Cooking Demo	NuFD 117 Interns
Tue, Apr 12 th	11:45 am	Sleep Apnea	Rob Mitchell, RN
Thu, Apr 14 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Apr 15 th	11:45 am	Cooking Demo	ID201 Interns
Tue, Apr 19 th	11:45 am	Go Green (for Earth Day)	Debbie Lucas, RD
Thu, Apr 21 st	11:45 am	Tech Talk	Tim & Marilou
	5:30 pm	Gero 101 Interactions	Us & Them
Fri, Apr 22 nd	11:45	Cooking Demo	Gero Interns
Tue, Apr 26 th	11:45 am	Sleep Hygiene	Cari Shulkin, RN
Thu, Apr 28 th	11:45 am	Mind-Body Connection	Radhika Bukkapatnam, MD
	5:30 pm	Gero 101 Interactions	Us & Them
Fri, Apr 29 th	11:45 am	Health Discussion	Javier Lopez, MD

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

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