



SACRAMENTO STATE

Cardiovascular Wellness Program

DECEMBER 2021

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
GERO101 INTERACTIONS ZOOM ID# 828 6930 8892

GUEST SPEAKERS

Thu, Dec 2 nd	11:45 am	Gero 131 Student Presentations	Jackie G & Maria S
	5:30 pm	Gero 101 Interaction (Final Session)	Us & Them
Fri, Dec 3 rd	11:45 am	Health Discussion	Javier Lopez, MD
Tue, Dec 7 th	10:30 am	Oral Health	RN/BSN Student Presentations
	11:45 am	Food & Mood	Debbie Lucus, RD
Thu, Dec 9 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Dec 10 th	11:45 am	Memory & Maturity	Radhika Bukkapatnam, MD
Tue, Dec 14 th	11:45 am	Health Consequences of Dehydration	Rob Mitchell, RN
Thu, Dec 16 th	11:45 am	ID201 Student Presentations	Adrian, Marylou, Paola, Vench,
Fri, Dec 17 th	11:45 am	Assessing Cognitive Function	Alexandra Morrison, PhD
Tue, Dec 21 st	11:45 am	Fun Festive Fiber	Debbie Lucus, RD

Holiday Break
Dec 23rd – Jan 3rd



Webpage: <https://cardiovascularwellnessprogram.org/>
For more information: Email Program Coordinator, Linda Paumer – csuscwvwellness@gmail.com