



# Cardiovascular Wellness Program

Please **NOTE** Start Times -- They Vary

## JUNE 2022

**NEVER ANY SESSIONS ON WED**

### ACTIVITY SESSIONS –

TAI CHI (W/ DAVID) MON, TUE, THU, FRI (30 min x2)  
9:00 AM INTRODUCTORY MOVES, 9:30 AM Full version Short COURSE

ZOOM ID# 897 520 111

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

### GUEST SPEAKERS

Thu, Jun 2 <sup>nd</sup>	11:45 am	Meet & Greet	Terri Fuentes, RN
Fri, Jun 3 <sup>rd</sup>	11:45 am	Importance of Breathing Rehabilitation	Paola Garcia
Tue, Jun 7 <sup>th</sup>	11:45 am	Metabolism	Debbie Lucas, RD
Thu, Jun 9 <sup>th</sup>	11:45 am	Devices for Heart Rhythm	Radhika Bukkapatnam, MD
Fri, Jun 10 <sup>th</sup>	11:45 am	Cooking Demo (Indian)	Navdeep Pannu et al.
Tue, Jun 14 <sup>th</sup>	11:45 am	Metabolism and Aging	Rob Mitchell, RN
Thu, Jun 16 <sup>th</sup>	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Jun 17 <sup>th</sup>	11:45 am	Signs & Symptoms	Cari Shulkin, RN
Tue, Jun 21 <sup>st</sup>	11:45 am	Gadgets	Debbie Lucas, RD
Thu, Jun 23 <sup>rd</sup>	11:45 am	Heart Assessments	Terri Fuentes, MD
Fri, Jun 24 <sup>th</sup>	11:45 am	Health Discussion	Javier Lopez, MD

Tue, Jun 28<sup>th</sup>  
 Thu, Jun 30<sup>th</sup>  
 Fri, Jul 1<sup>st</sup> } One-week break – see you next month!

Sessions will resume Tuesday, July 5<sup>th</sup>

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

For more information: Email Program Coordinator, Linda Paumer – [csuscwvwellness@gmail.com](mailto:csuscwvwellness@gmail.com)