



SACRAMENTO  
STATE

# Cardiovascular Wellness Program

## MARCH 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

Tue, Mar 1 <sup>st</sup>	11:45 am	50 Shades of Green	Debbie Lucas, RD
Thu, Mar 3 <sup>rd</sup>	11:45 am	Mindfulness Practice	Linda Larsen, RN
	5:30 pm	Gero 101 Interactions	Us & Them
Fri, Mar 4 <sup>th</sup>	11:45 am	Flower Pot Painting	Group Project
Tue, Mar 8 <sup>th</sup>	11:45 am	You & Your Brain	Rob Mitchell, RN
Thu, Mar 10 <sup>th</sup>	11:45 am	Mindfulness Practice	Linda Larsen, RN
	5:30 pm	Gero 101 Interactions	Us & Them
Fri, Mar 11 <sup>th</sup>	11:45 am	Brain Health	Kim Roberts, PhD
Tue, Mar 15 <sup>th</sup>	11:45 am	Eating for your Brain	Debbie Lucas, RD
Thu, Mar 17 <sup>th</sup>	11:45 am	Women with Brains Trivia Test in Honor of Women's History Month	
	5:30 pm	Gero 101 Interactions	Us & Them
Fri, Mar 18 <sup>th</sup>	11:45	Cooking Demo	Tim Nguyen
Tue, Mar 22 <sup>nd</sup>	11:45 am	Recipe Trials	Student Interns
Thu, Mar 24 <sup>th</sup>	11:45 am	Care-Giving	Michelle Silva
			All Ways Caring HomeCare
Fri, Mar 25 <sup>th</sup>	11:45 am	Health Discussion	Radhika Bukkapatnam, MD
Tue, Mar 29 <sup>th</sup>	11:45 am	Brain Games	Cari Shulkin RN
Thu, Mar 31 <sup>st</sup>		CLOSED FOR CESAR CHAVEZ DAY	

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

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