



Cardiovascular Wellness Program

November 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, Nov 1 st	11:45 am	Anti-Oxidants	Debbie Lucas, RD
Thu, Nov 3 rd	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Nov 4 th	11:45 am	Minutes of Mindfulness	Terri Fuentes, RN?

Tue, Nov 8 th	11:45 am	Micro Greens	
Thu, Nov 10 th h	11:45 am	Nurse Stuff	Cari Shulkin, RN
Fri, Nov 11 th	closed	Veteran’s Day Holiday	(building is locked)

Tue, Nov 15 th	11:45 am	Recipe Modification	Debbie Lucas, RD
Thu, Nov 17 th	11:45 am	Exercise for Extremities	Linda Paumer MA
Fri, Nov 18 th	11:45 am	Vitamins & Minerals	Oksana & Valeria

Tue, Nov 22 th	11:45 am	The True Cost of Pie	Lindai Paumer, MA
Thu, Nov 24 th	closed	} Thanksgiving Holiday	
Fri, Nov 25 th	closed		

Tue, Nov 29 th	11:45	TBA	
Fri, Dec 2 nd	11:45	Gero 131 Presentations	

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

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