



SACRAMENTO
STATE

Cardiovascular Wellness Program

FEBRUARY 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

GUEST SPEAKERS

Tue, Feb 1 st	11:45 am	Gero Project Intro	Amy Thao, Gero 131
Thu, Feb 3 rd	11:45 am	(no presentation)	
Fri, Feb 4 th	11:45 am	Cooking with Ginger	Tim Nguyen
Tue, Feb 8 th	11:45 am	Meal Planning for Heart Health	Debbie Lucus, RD
Thu, Feb 10 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Feb 11 th	11:45 am	Wellness Jeopardy	Client/Student Interaction
Tue, Feb 15 th	11:45 am	Plant-Based Eating Guidelines	Debbie Lucus, RD
Thu, Feb 17 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Fri, Feb 18 th	11:45 am	Cooking Demo	Tim Nguyen et al
Tue, Feb 22 nd	11:45 am	You & Your Liver	Rob Mitchell, RN
Thu, Feb 24 th	11:45 am	Health Discussion	Radhika Bukkapatnam, MD
Fri, Feb 25 th	11:45 am	Health Discussion	Javier Lopez, MD

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

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