

LEVEL III SCHEDULE**2018-2019**

Saturdays: 1:00pm-6:00pm

Sundays: 10:00am-5:00pm



CLASS	DATE	TOPIC	INSTRUCTOR(S)
1	10/27/2018	Lower Back	Larry Payne
	10/28/2018	Lower Back (Spinal Stenosis, Sciatica, Disk Pain)	Larry Payne
2	11/17/2018	Upper Back & Neck	Rick Morris
	11/18/2018	Upper Back & Neck	Rick Morris & Kathleen Ross-Allee
3	12/15/2018	Spine	Jamie Stark
	12/16/2018	Spine (Scoliosis, Osteoporosis, Osteoarthritis)	Jamie Stark
4	1/19/2019	Cancer	Kathleen Ross-Allee
	1/20/2019	Cancer	Kathleen Ross-Allee
5	2/23/2019	Endocrine System	Amy Wheeler
	2/24/2019	Endocrine System (Diabetes, Obesity)	Amy Wheeler
6	3/9/2019	Respiratory System	Terra Gold
	3/10/2019	Respiratory System (Asthma, COPD, Allergies)	Terra Gold
7	4/6/2019	Cardiovascular System	Art Brownstein
	4/7/2019	Cardiovascular System (Hypertension, Heart Disease)	Art Brownstein
8	4/27/2019	Digestive System	Robert Birnberg
	4/28/2019	Digestive System (Indigestion, Heartburn, IBS)	Robert Birnberg
9	6/8/2019	Nervous System	Amy Wheeler
	6/9/2019	Nervous System (Chronic Pain, Fibromyalgia, Headaches)	Amy Wheeler
10	7/6/2019	Mental Health, Anxiety, Depression	Julie Carmen
	7/7/2019	Mental Health, Anxiety, Depression	Julie Carmen
11	7/20/2019	Shoulder	Linda Lack
	7/21/2019	Shoulder	Linda Lack
12	8/17/2019	Hips & Knees	Steve Paredes
	8/18/2019	Hips & Knees	Steve Paredes

**subject to instructor change*

UPDATED 6/14/18