

Stress Management Class Schedule – Spring 2018

Jan-18

	Monday 1-2:30 PM CHL Eleana	Friday 1-2:30 PM CHL (Ryan)
1	1/8/2018 Session 1	1/12/2018 Session 1
2	1/15/2018 No Session	1/19/2018 Session 2
3	1/22/2018 Session 2	1/26/2018 Sessino 3
4	1/29/2018 Session 3	2/2/2018 Session 4
5	2/5/2018 Session 4	2/9/2018 Session 5
6	2/12/2018 Session 5/6	2/16/2018 Session 6
7	2/19/2018 no session	2/23/2018 no session
8	2/26/2018 Session 7/8	3/2/2018 Session 7

Mar-18

	Monday 1-2:30 PM CHL Eleana	Friday 1-2:30 PM CHL Eleana
1	3/5/2018 Session 1	3/9/2018 Session 1
2	3/12/2018 Session 2	3/16/2018 Session 2
3	3/19/2018 Session 3	3/23/2018 Session 3
4	3/26/2018 Session 4	3/30/2018 Session 4
5	4/2/2018 Session 5	4/6/2018 Session 5/6
6	4/9/2018 Session 6	4/13/2018 No Class
7	4/16/2018 No Class	4/20/2018 No Class
8	4/23/2018 Session 7/8	4/27/2018 Session 7/8

May-18

	Monday 1-2:30 PM CHL Eleana	Friday 1-2:30 PM CHL Eleana
1	4/30/2018 Session 1	5/4/2018 Session 1
2	5/7/2018 Session 2	5/11/2018 Session 2
3	5/14/2018 Session 3	5/18/2018 Session 3
4	5/21/2018 Session 4	5/25/2018 Session 4
5	5/21/2018 No Session	6/1/2018 Session 5
6	6/4/2018 Session 5	6/8/2018 Session 6
7	6/11/2018 Session 6	6/15/2018 Session 7
8	6/18/2018 Session 7/8	6/22/2018 Session 8