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## **Programs Conducted**

### **2003**

August 4, 2003 *Sneak Preview: The No-Stretch Stretch*. Kidpower Teenpower Fullpower 9<sup>th</sup> Annual International Conference. Bend Lomond, CA.

### **2002**

March 9, 16 & 30. 2002 *Smarter-Not-Harder*. Beta Test of BasicMax Workout System. Menlo Park, CA.

### **1985**

February 8 - 10, 1985 *Touch For Health I*. San Jose, CA CEU credit.

September 21, 1985 **NESRA Region VII Conference (National Employer Recreation Association)**. *Total Fitness*. One-hour panel on sports medicine. Monterey, CA

### **1984**

February 17 - 19, 1984 *Touch For Health I*. Carmel, CA CEU credit.

March 23 & 24, 1984 *Touch For Health I*. Carmel, CA CEU credit.

April 27 - 29, 1984 *Touch For Health I*. Carmel, CA CEU credit.

June 15 - 17, 1984 *Touch For Health I*. Carmel, CA CEU credit.

June 22 - 24, 1984 *Touch For Health I*. San Jose, CA CEU credit.

July 10 - 15, 1984 **Touch For Health Foundation/Annual Meeting**. *Asking the Body Questions; The Short-Term Effects of Food; Health As a Contribution*. Three one-hour lectures for instructors. San Diego, CA CEU credit.

July 28 & 29, 1984 *Touch For Health II*. Carmel, CA CEU credit.

August 10 - 12, 1984 *Touch For Health I*. Carmel, CA CEU credit.

August 17 - 19, 1984 *Touch For Health I*. With Joy Bradley. San Jose, CA CEU credit.

August 25 - September 2, 1984 **Touch For Health Foundation**. *Instructor Training Workshop*. Glenco, MO CEU credit.

September 7 - 9, 1984 *Touch For Health III*. Carmel, CA CEU credit.

September 21 - 23, 1984 *Touch For Health I*. Carmel, CA CEU credit.

October 27 & 28, 1984 *Touch For Health II*. Carmel, CA CEU credit.

November 9 - 11, 1984 *Touch For Health I*. San Jose, CA CEU credit.

December 5, 1984 **Scandinavian Institute of Wholistic Studies**. *Say "YES" To Stress*. One-day class for visiting health therapists. Carmel, CA

## 1983

- January 23 - 25, 1983 **Crockford Health Resources.** *Touch For Health I.* Carmel, CA  
CEU credit.
- February 13, 1983 **Crockford Health Resources.** *George Simon Workshop.* Carmel, CA  
CEU credit.
- March 2, 1983 **Central Coast Cancer Council/Oncology Nursing Committee.** *Natural  
Techniques for Symptom Management in Cancer Patients.* Two-hour workshop for nurses.  
Monterey, CA CEU credit.
- March 4 - 6, 1983 **Crockford Health Resources.** *Touch For Health I.* Carmel, CA CEU credit.
- March 26, 1983 **Pepper Brydon Productions/TFH Arizona Statewide Meeting.** *Touch For  
Health With Athletes.* Afternoon workshop for certified TFH Instructors. Mesa, AZ
- April 15 & 16, 1983 **Community Hospital of the Monterey Peninsula/New Advances –  
Diagnosis and Treatment of Cancer Patients.** *Natural Techniques for Symptom  
Management in Cancer Patients.* One-day workshop for nurses. Monterey, CA  
CEU credit.
- June 24 & 25, 1983 *Touch For Health I.* Carmel, CA CEU credit.
- July 1983 **Touch For Health Foundation/Annual Meeting.** *Touch For Health in Action: A  
Distinction Between Doing Methods and Getting Results.* Two-hour lecture for instructors.  
San Diego, CA CEU credit.
- September 10 & 11, 1983 *Touch For Health III.* Carmel, CA
- September 16 - 18, 1983 *Touch For Health I.* Carmel, CA CEU credit.
- September 28, 1983 **FORUM.** *Tool and Temple: The Role of Bodywork in Therapy.* With June  
Schwartz. Two-hour discussion for therapists. Carmel, CA
- October 23, 1983 *Muscles in Action.* Carmel, CA
- October 28 - 30, 1983 *Touch For Health I.* Carmel, CA CEU credit.
- November 12 & 13, 1983 *Touch For Health II.* Carmel, CA CEU credit.

## 1982

- March 31, 1982 **Salinas Union High School.** *Taking Stress in Stride.* Two-hour workshop.  
Salinas, CA
- April 1, 1982 **Crockford Health Resources.** *Touch For Health Experience.* Carmel, CA CEU  
credit.
- April 3, 1982 **Crockford Health Resources.** *Touch For Health Experience.* Carmel, CA CEU  
credit.
- May 15, 1982 **Crockford Health Resources.** *Touch For Health Experience.* With Phillip  
Crockford. Monterey, CA CEU credit.
- June 4 - 6, 1982 **Crockford Health Resources.** *Touch For Health I.* Carmel, CA CEU credit.
- July/August 1982 **Crockford Health Resources.** *T'ai Chi Chuan/Short Form Class.*  
Fort Ord, CA
- July 9 - 11, 1982 **Crockford Health Resources.** *Touch For Health I.* Carmel, CA CEU credit.
- August 6 - 8, 1982 **Crockford Health Resources.** *Touch For Health I.* Carmel, CA CEU credit.
- August 20 - 22, 1982 **Crockford Health Resources.** *Touch For Health II.* Carmel, CA  
CEU credit.
- September 2, 1982 **Monterey County SPCA.** *A Discussion on Euthanasia.* With Phillip  
Crockford. Half-day workshop for euthanasia workers. Salinas, CA
- September 9, 1982 **Central Coast Cancer Council/Oncology Nursing Committee.** *Natural  
Techniques for Symptom Management in Cancer Patients.* Two-hour workshop for nurses.  
Salinas, CA
- September 17 - 19, 1982 **Crockford Health Resources.** *Touch For Health I.* Carmel, CA  
CEU credit.
- October 15 - 17, 1982 **Crockford Health Resources.** *Touch For Health I.* Carmel, CA  
CEU credit.

## 1981

- January 20, 1981 **University For Man/Monterey Peninsula College.** *Dealing With Stress.* Two-hour workshop for parents with handicapped children. Monterey, CA
- January 30, 1981 **Working Miracles.** *Touch For Health I.* With Tony Hegge. Carmel, CA CEU credit.
- February 7, 1981 **Peter's Project.** *Stress Management.* With Gordon Stokes. One-day workshop for outreach workers and interested public. Malibu, CA
- March 13 & 14, 1981 **Working Miracles.** *Touch For Health II.* Carmel, CA CEU credit.
- April 4 - 12, 1981 **Touch For Health Foundation.** *Instructor Training Workshop.* With Phillip Crockford. Perth, Australia
- April 28 - May 7, 1981 **Touch For Health Foundation** *Instructor Training Workshop.* With Phillip Crockford. Auckland, New Zealand
- August 21 - 23, 1981 **New Options.** *Touch For Health/Basic Class.* Carmel, CA CEU credit.
- September 25 - 27, 1981 **New Options.** *Touch For Health/Basic Class.* Carmel, CA CEU credit.
- October 9 - 11, 1981 **New Options.** *Touch For Health/Basic Class.* Carmel, CA CEU credit.
- October 23 - 25, 1981 **New Options.** *Touch For Health/Advanced Techniques Workshop.* With Phillip Crockford. Carmel, CA
- November 13, 1981 **Monterey Peninsula College/Knowledge Update.** *Acupressure: Health From Within.* Monterey, CA
- November 13 - 15, 1981 **New Options.** *Touch For Health/Basic Class.* Carmel, CA CEU credit.
- December 12, 1981 **National Multiple Sclerosis Society, Greater Monterey Bay Area Chapter.** *Touch For Health and MS.* With Phillip Crockford. Two-hour lay workshop. Salinas, CA

## 1980

- January 10, 1980 **Naval Postgraduate School/Shape-Up Day.** *Taking Stress in Stride.* One-hour talk for staff wives. Monterey, CA
- January 16, 1980 **Monterey Peninsula Unified School District/Martin Luther King, Jr. In-service Day.** *Taking Stress in Stride.* One-hour workshop for teachers and classified staff. Seaside, CA
- January 24 & 31, 1980 *Touch For Health/Quick Class.* Carmel, CA CEU credit.
- February 20, 1980 **Monterey County Office of Education/Headstart Program.** *Developing Positive Attitudes.* Half-day workshop for team building between teachers and assistants. Salinas, CA
- February 21, 1980 **Notre Dame High School/Communications Day.** *Mirror, Mirror.* One-hour workshop for high school girls on communicating with self. Salinas, CA
- February 24, 1980 *Touch For Health/Quick Class.* Carmel, CA CEU credit.
- February 27, 1980 **Carmel Ski Club.** *Stress and Athletes.* Two-hour workshop for amateur skiers. Pacific Grove, CA
- March 4 & 11, 1980 *Touch For Health/Quick Class.* Carmel, CA CEU credit.
- March 5, 1980 *Touch For Health/Nurses' Class.* Carmel, CA CEU credit.
- March 6, 1980 **Hartnell College/Women's Lecture Series.** *Stress and Relationships.* Two-hour workshop. Salinas, CA
- April 10, 1980 *Touch For Health/Basic 14 Class.* Carmel, CA CEU credit.
- April 19 & 20, 1980 *Advanced Kinesiology.* Carmel, CA
- April 21 & 28, 1980 *Touch For Health/Quick Class.* Carmel, CA CEU credit.
- June 3, 1980 **Children's Home Society/San Jose.** *Taking Stress in Stride.* Two-hour workshop for staff. San Jose, CA
- June 5, July 2,3,9, 1980 **California Lutheran University/The Changing Role of Education.** *Educators' Roadmap for Taking Stress in Stride.* Twelve-hour workshop for teachers. Pacific Grove, CA

June 17, 1980 **CASC (Catholic Association of Student Councils) National Student Leadership Institute.** *Living Easy – Handling Stress Effectively.* 1-1/2 hour workshop for junior and senior high school student council members and related advisors. La Honda, CA

June 29, 1980 **CASC State Leadership Conference.** *Living Easy – Handling Stress Effectively.* 1-1/2 hour workshop for junior and senior high school student council members and related advisors. San Diego, CA

July 23, 1980 **CASC State Leadership Conference.** *Living Easy – Handling Stress Effectively.* 1-1/2 hour workshop for junior and senior high school student council members and related advisors. Santa Barbara, CA

August 4, 1980 **Working Miracles.** *Touch For Health/Level I.* Carmel, CA CEU credit.

August 23, 1980 **Working Miracles.** *Touch For Health/Quick Class.* Carmel, CA CEU credit.

September 6 & 13, 1980 **Working Miracles.** *Touch For Health/Quick Class.* Carmel, CA CEU credit.

September 6 & 7, 1980 **Working Miracles.** *Touch For Health/Advanced Balancing Series #1.* With Tony Hegge. Carmel, CA

September 27, 1980 *Touch For Health/Self Aid Class.* Carmel, CA CEU credit.

Sept. 30, Oct. 7, 14, 21, 1980 **California Lutheran College/Contemporary Education Perspectives.** *Who Controls Teachers' Stress.* Twelve-hour workshop for teachers. Salinas, CA

October 15, 1980 **Monterey Peninsula Unified School District/District-wide In-service Day.** *Say "YES" to Stress!* One-hour workshop for teachers. Seaside, CA

October 23, 1980 **Salinas Women's Center.** *Women and Stress.* Two-hour workshop for women. Salinas, CA

October 26, 1980 *Touch For Health/Quick Class.* Carmel, CA CEU credit.

October/November 1980 *Touch For Health II.* Carmel, CA CEU credit.

November 1980 **Touch For Health Foundation.** *Instructor Training Workshop.* Eight-day course. Sonoma, CA CEU credit.

## 1979

January 12, 1979 **Bay Area Supervisors of Adoption/Annual Conference.** *Living Easy – Learning Stress Management Techniques You Can Use Yourself.* Two-hour workshop. Mills College, Oakland, CA

January 17, 1979 *Touch For Health/Basic Class.* Carmel, CA CEU credit.

January 20 & 21, 1979 *Living Easy.* Carmel, CA. CEU credit.

February 6 & 13, 1979 **California Lutheran College/The Changing Role of Contemporary Education.** *Practical Skills for Managing Stress Effectively.* Six-hour workshop for teachers. Salinas High School, Salinas, CA

March 1979 **Robert Down School/Pacific Grove Unified School District.** *Touch For Health For Children.* One-hour workshop for teachers and classroom assistants. Pacific Grove, CA

March 20, 1979 *Touch For Health/Basic Class.* Carmel, CA CEU credit.

April 14 & 15, 1979 *Living Easy.* Carmel, CA CEU credit.

April 18, 1979 **Notre Dame High School/Women's Day.** *Stress for Women.* One-hour workshop for high school girls. Salinas, CA

May 19, 1979 **Monterey Peninsula College/Dance Club.** *Tune-up For Dancers.* Monterey Peninsula College, Monterey, CA

June 19, 25, 26, 1979 **California Lutheran College/Educational Issues Today.** *Stress Management for Educators.* Nine-hour workshop for teachers. Pacific Grove, CA

July 5, 1979 *Touch For Health/Basic Class.* Monterey, CA CEU credit.

July 5, 1979 *Touch For Health/Basic Class.* Monterey, CA CEU credit.

July 28 & 29, 1979 *Touch For Health/Advanced Class.* Carmel, CA CEU credit.

July 31, 1979 *Touch For Health/Pain Tapping.* Carmel, CA CEU credit.

August 29, 1979 *Touch For Health/Pain Tapping.* Carmel, CA CEU credit.

September 28 & 29, 1979 **CADA (California Association of Directors of Activities) Mini-Conference.** *Practical Stress Management.* One hour workshop for Area D, Region 10 & 25 Activities Directors and Spiritleader Advisors. Pebble Beach, CA  
October 13, 1979 **Monterey Peninsula College/Dance Club.** *Touch For Health For Dancers.* Monterey, CA  
October 17 & 18, 1979 **Children's Services/County of Los Angeles.** With Gordon Stokes. *Workshop for Decision Makers.* Two-day workshop on decision-making, stress management and people handling skills. Los Angeles, CA  
November 27 & 29, 1979 **CADA Mini-Conference.** *Handling Stress Effectively.* Visalia, CA  
December 4 & 11, 1979 *Touch For Health/Quick Class.* Carmel, CA CEU credit.

## 1978

January 1978 **U.S. Army.** *Living Easy.* Weekend workshop for Organizational Effectiveness Trainers. Carmel, CA  
January 26, 1978 *Touch For Health/Basic Class.* Carmel, CA  
February 1978 *Living Easy.* Carmel, CA  
Spring, 1978 **Monterey Peninsula College/Continuing Education Program.** *Movement, Music and Health.* 10-week course for seniors. Carmel, CA  
March 14, 1978 *Touch For Health/Basic Class.* Carmel, CA  
April 1978 *Living Easy.* Carmel, CA  
April 26, 1978 *Touch For Health/Basic Class.* Carmel, CA  
May 22, 1978 *Touch For Health/Basic Class.* Carmel, CA  
July 15 & 16, 1978 *Touch For Health/Basic Class.* Carmel, CA  
August 1, 1978 *Touch For Health/Basic Class.* Carmel, CA  
August 1978 **U.S. Army.** *Living Easy.* Weekend workshop for Organizational Effectiveness Training Command Training Directorate. Carmel, CA  
September 22, 1978 **Salinas Union H.S. District/Psychology Department.** *Touch For Health for Children.* One-hour in-service for special education staff (nurses, educators, assistants). Alisal High School, Salinas, CA  
October 7 & 8, 1978 *Living Easy.* Carmel, CA  
October 14 & 15, 1978 **U.C. Santa Cruz/Extension Course.** *Living Easy.* Carmel, CA  
October 30, 1978 *Touch For Health/Basic Class.* Carmel, CA

## 1977

May 26, 1977 *Touch For Health/Basic Class.* Monterey, CA  
June 9, 1977 *Touch For Health/Basic Class.* Monterey, CA  
July 11, 1977 *Touch For Health/Basic Class.* Monterey, CA  
October 6, 1977 *Touch For Health/Basic Class.* Monterey, CA  
October 10, 1977 *Touch For Health/Basic Class.* Monterey, CA  
October 27, 1977 *Touch For Health/Basic Class.* Monterey, CA  
November 1977 *Living Easy.* Carmel, CA