

# Corrections to the Spring 2015 OLLI Catalog

- MELT for Well-Being and Better Health: The course will be 1 ½ hours, from 11:30-1 pm, beginning Thursday, March 26
- Healing the Body, Mind, and Spirit: There is NO \$20 charge
- The Alexander Technique: Exploring Habit and Choice: There is NO recommended text for the course