

# Workshop on maintaining spiritual well-being

Unity at the Lake workshop "How to Maintain Spiritual Well-being Through the Holydays" on Nov. 9 from 10:30-8pm at the Star Tahoe Building, 2489 Lake Tahoe Blvd., Ste. 27, South Lake Tahoe.

"Peace on Earth, Goodwill Towards All?" Wouldn't it be great if we looked forward to the holidays with joy in our hearts? Instead, many of us are too busy running around, or worrying about all the confrontations in our family get-togethers, or frustrated by the meaningless gifts and parties. We will look at creating new traditions that honor the season and ourselves.

Love offering.

For more info, call (530) 544-2266 or visit [www.unityatthelake.org](http://www.unityatthelake.org).