

Personal trainer to speak to Soroptimist

Cindy Gaffney, a personal trainer, will speak about exercise and nutrition to Soroptimist International of Tahoe Sierra on March 18 at 7:30am.

Coffee and breakfast will be served at the meeting at the Lake Tahoe Senior Center, 3050 Lake Tahoe Blvd., near the Visitors Center in South Lake Tahoe.

Everyone welcome.

Call (530) 409.2791 or visit
<http://www.facebook.com/group.php?v=wall&gid=131249110835>.