

Learn to cope through guided meditation

Feeling stressed out and overwhelmed? Struggling with money, health, relationships or your career? Ready to make positive changes in your life and don't know where to begin?

Learn how to use the elements of nature to become more balanced, clear blocks and release tension at a Guided Meditation Workshop on March 19 from 1-5pm.

Facilitators are Maxine Alper and Chris Alper.

The event is at Unity at the Lake, Star Tahoe Building, 2489 Lake Tahoe Blvd., Ste. 27, South Lake Tahoe.

Cost is \$25.

For more information, email info@creatingwithintention.com.