

# Workshop slated to relieve stress

A fun and fast-paced workshop that will teach the leading energy medicine method, Emotional Freedom Technique, is slated for April 20 starting at 8:30am.

It is easy to learn, and one can use it any time to alleviate stressful emotions. Workshop will include handouts and PowerPoint demonstration.

The workshop setting is the Lake Tahoe South Shore Chamber conference room, 169 Highway 50, Stateline. It will be taught by mind-body therapist Rosemary Manning, a chamber member.

The cost is \$12 for chamber members and \$20 to non-members.

The registration deadline is noon April 19.

To register, go online.