

# **‘Maintaining spiritual well-being through the holydays’**

“Maintaining Spiritual Well-Being through the Holydays” will be Hillary Bittman’s topic Dec. 5 from 6:30-8pm through Unity at the Lake.

Discover how to stay in a peaceful place and keep the meaning of the season alive.

Love offering.

For more info, call (530) 544.2266.

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