

LTCC offering 4 workshops devoted to healthy eating

The Community Education department at Lake Tahoe Community College is having a Get Fresh and Healthy workshop series in February. Take one, all four or any combination.

Cooking with Spices is Feb. 2 from 6-9pm.

Winter Soup is Feb. 10 from 6-9pm.

Food the Kids will Love too is Feb. 16 from 6-9pm.

Gluten Free Cooking is Feb. 28 from 6-9pm.

Register online.