

Find out about natural products to fill a medicine cabinet

Between beauty products and a vast array of over the counter drugs available, it can be a challenge to know how to choose what is good for you, not to mention potential side effects.

Give Your Medicine Cabinet a Makeover will introduce people to alternatives to synthetic and artificially processed drugs and beauty products.

The class is free. It will be taught by Rachel Jones, a licensed massage therapist, nutrition and wellness coach, and yoga instructor.

It is Feb. 25 from 10am-noon at the Lake Tahoe Wellness Center, 695 Wolf St., Kings Beach.

Space is limited. RSVP to Rachel Flower at (415) 827. 2623 or email rachel@senssoma.com.