

2-day women's wellness weekend in Tahoe City

The annual Lake Tahoe Women's Wellness Weekend at Granlibakken that is dedicated to health and wellness, will also offer continuing education credits to nursing professionals.

Committed to creating healthy associations within the community, Tahoe Forest Hospital has established the Nov. 10-11 event.

National and regional authors and practitioners, all experts in their fields, are a highlight of the event.

For more than two decades, the Women's Wellness Weekend has brought together women of differing ages, body types and physical abilities to benefit from Western medicine and Eastern teachings in comfortable and non-threatening surroundings. Seminars on health, nutrition and aging mix easily with interactive clinics on skin screenings, body/muscle testing and acupuncture. Inspirational and recreational activities along with food and wine receptions also help unite body and soul.

For information on speakers, health fairs and seminars call 800.543.3221.