

Learn to improve health through visualization

Learn how the mind-body connection can improve your health through the power of imagination.

The Creative Visualization & Health Workshop in Truckee is Oct. 11 from 6:30-8pm. The class is on the ground level of Church of The Mountains, 10079 Church St., in Truckee (across from Community Arts Center).

Handouts will be provided.

Space is limited. Cost is on a sliding scale donation.

For more info, contact Colleen Jackson at akikosongs@gmail.com or (530) 308.5053.