

Meditation session at Tahoe Wellness Center

Tahoe Wellness Center is getting an overhaul and will have new floors, dim lighting, new furniture and a more relaxing atmosphere for meditation.

This month's meditation is Oct. 29, 6-7pm, Tahoe Wellness Center in the Bijou Center, next to Hot Gossip, in South Lake Tahoe.

Donations accepted.

There will be chairs, but bring a pillow or mat to sit on.

For questions, contact Rosemary Manning at tahoehealthtouch@gmail.com.