

Workshops in Truckee focus on women

Change from the Inside Out coach Coleen Akiko Jackson helps women reconnect with their core wisdom and experience the fullness of who they are.

The workshops are presented in English and Spanish.

Next group sessions are June 5 and June 19 and will continue the first and third Wednesdays each month from 6-7:30pm. Workshops are in the "Living Room" downstairs at Church of the Mountains, 10079 Church St., across from the old rec center in downtown Truckee.

Suggested donation \$5.

More information in Spanish call Reyna Lopez at (530) 386.2148, for English call Colleen Jackson at (530) 308.5053.