

Learn how to get a good night's sleep

Tahoe Health Touch is offering free emotional freedom technique classes each month, with a different focus each time.

Classes will be at Rejuvenate in South Lake Tahoe, behind Nepheles on Ski Run Boulevard.

The first class is April 1 from 6-7pm. The focus is on using EFT to help get a good night's sleep.

For more information on EFT, go online.