

Free 2-day Feldenkrais workshop in S. Tahoe

Jim Gallanty, a physical therapist for 20 years and certified Feldenkrais practitioner, is putting on a two-day workshop.

Friends of the Library is hosting the Feb. 21 and Feb. 28 classes. Both are from 10:30am-noon.

Balance Class: Enhance your functioning; Rollback your age, Reduce your fall risk is the title.

For optimal benefit, attend both sessions. Wear comfortable clothes to do as much or little exercise as you choose and bring a bath towel.

Space is limited. Call (530.573.3185) or go to the library (1000 Rufus Allen Blvd., South Lake Tahoe) to reserve a spot.