

Class to focus on benefits of homemade broth

Victoria LaFont, certified nutritional therapy practitioner, will teach Skillshare – Bone Broth for Optimal Health on Feb. 27 at the Tahoe Food Hub Farm Shop.

Slow Food Lake Tahoe is hosting the class. Attendees will discover how easy it is to make a variety of broths and stocks, how to use them and the nutritional benefits of incorporating them into one's diet.

The \$20 tickets may be purchased **online**. Ticket costs cover all materials for this Skillshare.

The class will be from 4:30-6pm at 150 Alpine Meadows Road, Alpine Meadows, Truckee.