

Workshop designed to re-energize women

Unpacking Life's Chaos: Simple Ways to Create a Life that Energizes Instead of Exhausts You will be the topic of a May 5 workshop on the South Shore.

Karin Finkler, a Lake Tahoe native, will lead a half-day workshop to help people create an individual life rhythm. Her training in business and life coaching, as well as her experience in the foreign policy and international human rights arenas, has given her a deep desire to help women around the world create an inspiring and energizing life of contribution stemming from their innate value.

Each year, the Lake Tahoe Community Presbyterian Church hosts a workshop or seminar to support the Tahoe community.

Finding the space and time to breathe a bit and figure out what will work best to refresh and re-boot our lives often can seem impossible, so LTCPC is creating that space and time.

Every woman in the Lake Tahoe region is invited to attend. Child care will be provided.

The event is May 5, 9am-12:30pm at Lake Tahoe Community Presbyterian Church, 2733 Lake Tahoe Blvd., South Lake Tahoe.

Register **online** for \$10. All proceeds will go to the Tahoe Women's Community Fund.

For questions, email TahoePresChurchEvents@gmail.com or call 775.392.1715.