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## Health & Wellness

### BRIEFS | From 13

p.m., IVCH Physical Therapy and Medical Fitness, 333 Village Blvd., Incline Village, 775-831-1964.

#### 55+ Snowshoe Hike & Lunch

Join IVGID Senior Programs for a weekly trek through the beautiful Tahoe landscape, followed by a social lunch at Sierra Nevada College, through March 29. Meet Tuesdays at Incline Village Recreation Center, 980 Incline Way, Incline Village at 10 a.m., four hour trip. Bring

your daypack, camera, water, snowshoes, poles, goggles/sunglasses and winter apparel. Fee is \$16 or \$13 with IVGID Pass and includes hike, transportation and lunch. Call 775-832-1310 or drop in to make required reservations no later than 5 p.m. the previous Friday. Call the Village Ski Loft and mention this program to receive a \$13.50 Senior Discount Snowshoe rental package (snowshoes and poles) Tuesdays, 800 Tahoe Blvd., Incline Village, 775-831-3537.

#### Jazzercise classes

Fitness enthusiasts worldwide will have just as much fun burning off the "holiday calories" as they will enjoying their favorite festive foods.

For 41 years, Jazzercise, the world's leading dance fitness program, has helped people obtain their New Year's Resolution goal of getting in shape.

Choreographed to today's hottest music, each 60-minute Jazzercise group fitness class offers a fusion of jazz dance, resistance training, Pilates, yoga, cardio box and Latin style movements.

"We put a premium on providing our customers with a fun and effective total body workout," said Jazzercise instructor Ginny Smith. "Every Jazzercise class offers a friendly workout environment, quality instruction and innovative choreography."

Smith has taught Jazzercise for 27 years at the North Tahoe Event Center, 8318 N. Lake Blvd., Kings Beach. Class schedule is Monday through Saturday, 8:45 a.m. and Tuesday and Thursday, 5:30 p.m.

To learn more about Jazzercise, visit Jazzercise.com or contact Smith at sbsmith9601@sbcglobal.net or 530-546-7745.

#### Active Adult 55+ Ski Clinics at Diamond Peak

IVGID's "One District One Team" will offer Active Adults 55+ Ski Clinics at Diamond Peak. Instructors, led by PSIA Level 3 Certified Instructor Richard Davenport will offer skill-appropriate ski clinics geared toward all levels of active adult skiers. Designed to encourage skiers 55+ to start skiing, improve, adjust and modify current techniques and skills and promote skiing throughout life. Re-entry skiers will be introduced to the latest technology and equipment.

Wednesday morning clinics will begin at 9 a.m. with a social hour and continental breakfast in the Fireside Lounge, Diamond Peak, 9:45 a.m. participate in a two hour informative, interactive session. Cost is \$18 per clinic or \$130 Clinic Pass good for all sessions. Prices include breakfast. A daily lift ticket or a season pass is required. Pre-registration is



Lin Pruitt - Submitted to kmacmillan@tahoebonanza.com  
**Alicia, Raquel, Ross, Mary, Corey, Lin, Amy, Amber and Kelly take a moment to pose for a picture during the "New Year New You" mixer at Clearwater Day Spa last Friday. The spa is still offering a Generosity Massage and Generosity Facial, with Clearwater donating 10 percent of its profits to Tahoe Women's Services when purchased.**

#### Clearwater Day Spa gives back

As part of the North Lake Tahoe community, Clearwater Day Spa believes it is its duty to give back to the community to make this world a better place. Clearwater Day Spa would like to introduce the Generosity Massage and the Generosity Facial, with Clearwater donating 10 percent of its profits to Tahoe Women's Services when purchased. Tahoe Women's Services is committed to reducing the incidence and trauma of domestic violence, sexual assault and child abuse in the North Lake Tahoe and Truckee communities. Begun in 1982 as a grass-roots effort, Tahoe Women's Services was incorporated in 1985 as an independent nonprofit agency. Help support TWS, pamper yourself or purchase as a gift certificate.

Terms and conditions: Services are unlimited. When booking you must specifically ask for the generosity massage or generosity facial. The generosity massage and facial cannot be bought with discount coupons or coincide with any other discount spa promotion and must be bought at full price. Stop by Clearwater Day Spa, 690 N. Lake Blvd., Tahoe City, 530-583-3141 or info@clearwatertahoe.com.

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Rebecca Gelber, MD

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Mon.: Closed

encouraged. For more information or to register visit www.Inclineseniors.com, call Diamond Peak at 775-832-1253 or IVGID Senior Programs at 775-832-1310. Drop in to Diamond Peak Ski Way or IVGID Senior Programs, 980 Incline Way, Incline Village.

#### Los Medicos Voladores

"The Flying Doctors" holds monthly potluck meetings the first Wednesday of every month at the Truckee Airport through June 1, 2011.

Volunteers fly to Mexico in private airplanes to provide free medical clinics. Each team consists of a pilot, medical professional, translator and general volunteer. New members always welcome. More information at www.lmvtruckee.org or call 530-550-0337.

#### Ayurveda: the Science of Self Healing

Ayurveda is considered the oldest medicine know to mankind, it is often called the mother of all medicines, and is known as the science of Self healing. The science of Ayurveda comes from the Veda, ancient Indian texts more than 5,000 years old and still applicable. Ayurve-

da's concepts are closely linked to the rhythms of nature and are complementary to the practice of Yoga.

Learn Ayurveda basics and how they apply to your life at the Mark Twain Cultural Center, Saturday, Jan. 22, 10 a.m. to 1 p.m.; cost: \$35. Presenter is Jennifer Andrews, M.Ed., clinical Ayurvedic specialist, advanced Sivananda yoga instructor, owner of Ambika's Ayurveda, Chico, Calif.

Visit www.Ayurveda.rejuvenation.com for the Constitution quiz to bring to class. Please fill the analysis out before the workshop. Private two-hour consultations also available at \$195. Call to schedule workshop or private consultation at 775-831-2820 or 530-518-3368. Ask for Rebecca or Jennifer.

#### Community Blood Drive

Find the hero in you and give the gift of life. Donate blood Friday, Feb. 4, 8 a.m.-3 p.m., North Lake Tahoe Fire Protection District, Station 11, 875 Tanager St., Incline Village. To make an appointment, please contact the Fire District at 775-831-0351, ext. 0 or visit www.Bloodhero.com and use sponsor code: incline.