

PTSD help available for veterans

Veterans, their families and friends are invited to an upbeat and informative evening to learn about holistic approaches to post traumatic stress disorder.

The Studio Lake Lake is offering the event Nov. 11 from 4-5:30pm, 1089 Magua St., Meyers.

Biofeedback equipment will be provided to confirm efficacy.

Six no-charge sessions are provided for interested veterans.

For more information, email karla@innerconstellation.com or call (530) 544.5551.