

Lecture to focus on prenatal issues

Your Prenatal Roadmap: Facts Revealed, Myths Dispelled is the title of the Oct. 1 Barton wellness lecture.

From 6-7pm Kenneth Spielvogel, a doctor with Barton Women's Health, will talk about health and nutrition, as well as exercise recommendations. Pregnancy myths will be dispelled and questions will be answered.

The free lecture is in the board room at Lake Tahoe Community College.

For more info, call 530.543.5537.