

Classified (503) 236-1253

promote your business here

BODYWORK

BODYWORK FOR MEN by experienced therapist. \$40 for one hour. Discounts to people living with HIV, students and retirees. Evening and weekends only. Call Eric, 503-788-7915. (2/1)

TIM MULCAHEY, LMT. Bodywork that soothes, awakens and empowers. 503-231-5755. (2/4)



Brian Tension, LMT
An Intuitive Combination of Swedish & Deep Tissue Massage
Midtown Location
503.201.3274
geocities.com/hotsprings/sauna/4688

GM Bodywork
Swedish Massage for Relief, Relaxation and Rejuvenation

- Personal Massage
- Couples Massage
- Four Handed/Two Therapist Massage

Greg Mitchell, LMT
503/380-4324
gmbodywork@aol.com
3524 SE Stark St



Neuromuscular Massage Therapy
SE Garden Cottage Studio

Richard LMT
503/997-7181

Certified Colon Hydrotherapy
Beautiful NW Clinic

Janet LMT
503/516-8181

- Sliding Scale Fee -

Laurelhurst Massage Therapy

Rick Sullivan L.M.T., P.T.A.



Available 7 Days a Week
Afternoons & Evenings

Please call: 231-7508

www.laurelhurstmassage.com



AHH, RIGHT THERE

- Swedish • Neurohumeral
- Radiant Touch • Polarity Therapy
- Deep Tissue & Sports Massage

your location or mine MON - SAT 9AM - MIDNIGHT
503-781-0042



Running All Day?

Take 60 Minutes for a Relaxing Massage.

Swedish Massage & Deep Tissue Work For Men & Women
Afternoon & Evening Appointments

Bert Logan, LMT/Physical Therapist
Call for your appointment

503.381.4755
www.logansbodywork.com



Massage Techniques by Terry
Licensed Massage Therapist

503-706-7498
talk2td@aol.com



ANGELIC HEALING HANDS

ROD S. DUDLEY L.M.T.

(503) 422-5281
12225 NW MURRAY RD
NEAR 217/26 INTERCHANGE

ALL GENDERS WELCOME

RAINDROP THERAPY

Experience this wonderful new technique that combines massage with pure, therapeutic grade essential oils. Highly relaxing and restorative Raindrop Therapy offers a multitude of benefits that enhance health and well-being. Deep Tissue and Swedish Massage also available.
Sarananda Castle, LMT. 503-490-8639

Massage for Men

Treat yourself to a complete full body massage by a friendly experienced therapist.

Downtown location/outcalls to home/hotel

Days/evenings/weekends/same day appts.—often available!

Cliff King, L.M.T.
503-936-5135

Massage by Steve Koehler, LMT

15 years experience

Pressure Point & Reiki (energywork)

503-220-9755 pgr.
503-997-8488 cell/vm



BUSINESS OPPORTUNITIES

**No Franchise Fees.
No Royalties.
No Kidding!**

Do you want to run your own business, but don't have thousands for franchise fees? Want financial stability without the high risk of large, upfront costs and paying ongoing royalties?

The UnFranchise® Business Development System from Market America offers anyone willing to follow a proven business plan the opportunity to gain financial independence in 2-3 years — not 45 years like the average worker.

Why wait? Call for a FREE brochure on America's most powerful business opportunity.



503-231-7386
http://www.4-u-2-unfranchise.com

CATERING



Lincoln Heartsong

European Trained
Private Chef

Exceptional Dinner
Parties In Your Home

503.730.2347

CHIROPRACTORS

Chiropractic for People and Pets too!

*Dr. Mary Mandeville,
Chiropractic Physician*

4738 SE Belmont
Portland, OR 97215
Voice or TDD
(503) 236-4400



Member: American Veterinary Chiropractic Association

CHIROPRACTORS

KHALSA CHIROPRACTIC PAIN RELIEF CLINIC



FAST & EFFECTIVE RELIEF

Gentle Relief of Your Pain is Our Top Priority

• Neck • Back pain • Headaches

Immediate Appointments • Emergencies Welcome

Reasonable Fees • Insurance Accepted

*Doctor of Chiropractic *Diplomate National Board

*Oregon License *American Chiropractic Assn

"We promise to treat you special"

Dr. H.D.S. Khalsa

5013 SE Hawthorne Bv 503 238-1032

DR. SUZANNE D. LADY

CHIROPRACTIC PHYSICIAN



BE WELL

• SPORTS INJURIES

• POSTURAL STRESS/
OVERUSE INJURIES

• PREVENTATIVE/
WELLNESS CARE

• AUTO/
WORK ACCIDENTS

2330 NW FLANDERS STREET SUITE 205

503.223.0900 • www.bwellchiro.com

COMPUTERS

GET ORGANIZED! Personal assistant for finances, filing, archives and all computer-related issues. 800-708-8108. www.arturox.com. (2/1)

Mac Love Not War

MacTutor@macrory.com

(360) 695-6929

I optimize Macs & teach people to use them.



Let us create your Business Website

We're experts at introducing small businesses to the web. We'll coordinate your website with your marketing strategy. You'll be surprised how little it costs. Contact us for a free no-obligation consultation. —Dave Ressler

www.nettenna.com



503-335-9363 dave@nettenna.com

COUNSELING

B.J. Castleman, MSW

Counseling individuals, couples and groups.
503-281-9206 (4/19)

**DALE RHODES, M.S., M.A.,
SPIRITUAL DIRECTOR**

Supporting the paths of people from all walks of life with affordable individual guidance, groups, classes, retreats, workshops. www.spiritone.com/~isc. 503-233-2026, ext. 3. (4/19)

please read the personal ads

COUNSELING



Deborah Samuels
MS, RN, LPC

Individual Therapy for:
Sexual minorities, Abuse,
Depression, Anxiety

503-283-0380

Karen M. Creswell, Psy. D.
Licensed Psychologist

(503) 221-9998

1942 NW Kearney #22
Portland, OR 97209



STEVEN "BO" O'DELL
LICENSED CLINICAL SOCIAL WORKER

DEPRESSION • ANXIETY
SELF ESTEEM & IDENTITY
INDIVIDUALS & COUPLES
ADULTS & ADOLESCENTS

SALEM
(503)
363-1175
PORTLAND
(503)
249-7844

WWW.THELIGHTERHEART.COM



Patty Newland, MSW
Licensed Clinical Social Worker

Together, we can create a nurturing, therapeutic environment where you can safely push your growing edge.

(503) 299-4948

2311 E. Burnside #204, 97214

Blue Cross Preferred Provider

Larry Rogers, CLT
503-781-6542

Heart Centered Hypnotherapist
Helping You Break Free to Follow Your Own Path
Anxiety, Anger, Relationships Addictions

Sliding Scale



free HIV testing in northeast portland!

TUESDAY EVENINGS 5-6:30 PM
Northeast Health Center

MLK Blvd. & NE Killingsworth
Enter in rear door near Emerson.
Questions? Call 503.988.3030, ext. 0.



Multnomah County Health Department

Helios

Counseling

A program of Network Behavioral HealthCare, Inc.

Lesbian, Gay, Bi, Trans, and HIV+ counseling: for individuals or groups, providing case management, medication management, and the Ryan White program

For information or intake: 503.231.3050
Ask for a Helios counselor



YWCA COUNSELING CENTER

Sliding fee scale from \$10

- Lesbian, gay, bisexual, transgender counseling
- No predetermined limit on number of sessions
- Individual and couple counseling
- Support groups for women
- Lesbian support
- Domestic violence
- Adults molested as children
- Anger management

1111 SW 10th Avenue
503-294-7440