

Classifieds

503-236-1253

promote your business here

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Advertising Deadlines

■ = Display ad reservation

● = Classified word ads

▼ = Issue comes out

(An extended list of deadlines is available at www.justout.com.)

NOVEMBER

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DECEMBER

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all's well

Just Out's Guide to Physical Health, Fitness and Well Being

ACUPUNCTURE

BROOKE WINTER, LAC.

Licensed Acupuncturist

Circle Healthcare Clinic • (503) 230-0812

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

DENTISTS

Family Dentistry Mt. Tabor Dental, LLC



Todd L. Beck, D.M.D.

728 SE 60th Ave Portland, OR 97215 • 503-236-1449
e-mail: info@mttabordental.com

WE OFFER COMPLETE DENTAL SERVICES

- CLEANINGS
- FILLINGS, CROWN & BRIDGE
- ROOT CANALS, ORAL SURGERY
- DENTURES AND PARTIALS
- BLEACHING, VENEERS



LICENSED MASSAGE THERAPISTS (LMT)

NOTE: Oregon Law states that any use of the word massage in any advertising must be accompanied by a valid LMT license number. If there is no license number the ad will be placed in our Unlicensed Bodywork section.

HEALING HANDS FOR YOU

Swedish, deep-tissue, Reiki, rebirthing, body electric healing arts. Tim Mulcahey, BA, SI, LMT #5343. 503-231-5755. (11/21)

MASSAGE TAILORED to your needs. In/outcalls. Chad, 503-490-3028, LMT #9716. (12/5)

Dry Sauna • Steam Room European Showers 2 Man - 4 Hand Massage Individual & Couples Massage

Laurelhurst Massage Therapy



Private Massage Studio
for Total Relaxation

Greg Mitchell, LMT (lic # 7750)
503-380-4324

Rick Sullivan, LMT (lic # 6049)
503-421-5172

www.LaurelhurstLMT.com

if you like girls, go to in other words on dec 13
and to holocene on dec 19. yes, you.

Massage by Adam Roberts

LMT # 7811

503.245.4358

9 AM-8 PM daily
Inner Westside Location

www.geocities.com/adam4massage/

Massage in Beaverton

\$40/hour

Deep Tissue
Sports Massage
Hot Stone Therapy

Craig Connors, LMT
Reiki Master

503-348-2179

Gift Certificate Available

license #8254

Brian Tennison

Licensed/Massage Therapist (#6476)

503.201.3274

CONVENIENT
Downtown Location

Scott Williams

lic # 10462

flexible schedule
in a quiet SE Portland location

503-866-8839
www.pdxbodyworks.com

Lincoln Heartsong

Integrative Massage
for Body, Mind & Spirit
10 years experience

503.730.2347
barefootspa@yahoo.com
LMT #9297 Irvington Location

Tod J. Carrig, LMT

Licensed Massage Therapist
Deep Tissue & Therapeutic Massage

Gift Certificates
Available

503-998-6610
deeptissumassage@aol.com
<http://hometown.aol.com/deeptissumassage>
lic # 9117

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
Lic# 6463

NATUROPATH

Karen Frangos P.L.N.D.

Naturopathic Physician
and Physical Therapist

- Joint Manipulation • Massage Therapy
- Therapeutic Exercise • Natural Remedies
- Nutrition for Optimal Health
- Whole Person Approach

For body work from a doctor who knows how bodies work...

Naturopathic Body Works, LLC
1818 NE Irving St. • Portland, OR 97232
503-233-0388 • DrKMFrangos@aol.com

"Never doubt that a small group of thoughtful,
committed citizens can change the world;
indeed, it's the only thing that ever does."

—Margaret Mead

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

DENTISTS

"Smile! It increases your Face Value!"



Full Comprehensive Treatment
General & Cosmetic
Tooth Whitening & Bonding
New Patients Welcome!

Stephen A. Kovar DMD
cosmetic and general dentistry 503.794.9393
Located Near Downtown Milwaukie, 3336 SE Harrison Street

Magda D Angelis-Morris, DMD, LLC

General and Cosmetic Dentistry
New Patients Always Welcome



10422 NE Wasco St.
Portland, OR 97220
503-252-8170

FITNESS

BLACK BELT

4th Degree Black Belt instructor with 25 years
experience for private or group lessons. Your
turf. Steve 503-347-0431. (11/21)

HEALTH CARE



Suzanne Scopes ND

personalized, holistic care since 1985

Naturopathic Physician

- Detoxification & Wellness Programs
- Nutritional Therapy
- Herbal Medicine
- Women's Health Care
- Menopause Options

316 NE 28th Avenue
503 • 230 • 0812

I pledge allegiance to the flag of the multinational
corporations and to the profit for which they stand,
one interlocking directorate under no government,
indivisible, with monopoly and cheap labor for all.

— U. Utah Phillips, "Stupid's Pledge"