

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.)

FEBRUARY

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25	26	27	28			

MARCH

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ALL'S WELL JUST OUT'S GUIDE TO PHYSICAL HEALTH, FITNESS AND WELL BEING

ACUPUNCTURE

Get healthy this year....
ACUPUNCTURE & MASSAGE
 EFFECTIVE TREATMENT FOR PAIN, INJURY, ILLNESS
 Casey McGuire, L.Ac.
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 503-287-1510
www.centerforvibranthealth.com

CHIROPRACTORS

Phillip Snell, DC Chiropractic Physician
 *Honesty *Compassion *Science
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 3942 SE Hawthorne 503.235.5484

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FAST & EFFECTIVE RELIEF
 Gentle Relief of Your Pain is Our Top Priority
 Neck • Back pain • Headaches
 Immediate Appointments • Emergencies Welcome
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 *Doctor of Chiropractic *Diplomate National Board
 *Oregon License *American Chiropractic Assn
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 advertise in just out.
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 503.236.1253

DENTISTS

Family Dentistry
Mt. Tabor Dental, LLC

Todd L. Beck, D.M.D.
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 e-mail: info@mttabordental.com
WE OFFER COMPLETE DENTAL SERVICES
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 - DENTURES & PARTIALS
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DENTISTS

eduardo mulero dds pc
 general and esthetic dentistry

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It is too often that families are made vulnerable by illness and health system challenges. A Health Advocate is your personal health representative, managing your health care and records, improving your quality of life.
YOUR ADVOCATE CAN:
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 • Manage insurance and attend health appointments
 • Provide counseling, mediation...ADVOCACY
www.pacifichealthadvocates.org
 (503) 764-9206


Leslie Johnson, M.D.

joined Pacific Medical Group's Beaverton Clinic in April of 2005. Dr. Johnson is Board Certified in Family Practice and is also certified as an HIV specialist by the American Academy of HIV Medicine. She is accepting new patients for primary care and HIV care.
 She returns to the Northwest from the Chelsea area of Manhattan, NY where she has been for the last three years practicing primary care at a large LGBT community clinic.
 Dr. Johnson is seeing HIV patients in our North Portland practice located at 6445 N Greeley Ave. She is seeing both HIV & primary care patients at the Beaverton location (Hall & Farmington Ave.).
 If you would like to make an appointment with Dr. Johnson, please call (503) 644-1171 (Beaverton office) or (503) 285-6607 (N Greeley office).



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 Providing nutritional education & support for:
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 • Depression & other emotional challenges
 • Diabetes and Hypoglycemia
 • Heart Disease, High Blood Pressure, High Cholesterol
 • Weight loss • Women's Health, PMS, Menopause and even pet nutrition
 Kya Eckstrand, BA, CNT
 503-312-2096
kyax@hotmail.com
 2 LOCATIONS IN THE PORTLAND METRO AREA

LICENSED MASSAGE THERAPISTS (LMT)

NOTICE: OREGON LAW states that all advertisements mentioning any type of manipulation of tissue and/or available showers MUST have a valid massage license number.

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 • Centrally Located
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 Rick Sullivan, LMT (Lic #6099) 503.421.5172
www.LaurelhurstMassageTherapy.com

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 Have table... will travel
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 Maury Evans
www.MassageByMaury.com

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 flexible schedule
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503-866-8839
pdxbodyworks@yahoo.com

LICENSED MASSAGE THERAPISTS (LMT)

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503-235-5400
 NE & SE LOCATIONS
 INDEPENDENT LICENSED MASSAGE THERAPISTS
www.BlueSkyWellness.com
 Lisa Pool LMT #12516 Erin LeFevre LMT #11249

Mike Borgstrom, LMT
 REJUVENATE, RELAX, STRETCH, BREATHE
 phone 971-570-5829
mikeborgstrom@gmail.com
 NW PORTLAND LOCATION LMT# 9068 NCTMB

MIND BODY SPIRIT MASSAGE
CHRISTOPHER BOOTHBY, LMT
 Lic. # 11642, NCBTMB
 Swedish, Reiki, Deep Tissue & Myofascial Release
MBSmassage@yahoo.com
503.201.8126
 Inner SE Portland

www.adam4massage.com
 Body balancing by use of Massage And Energy work
503.806.6285
 Adam Roberts LMT #11192

Relaxing Massage for Men
 * Stress Reduction * Pain Relief *
 * Swedish * Deep Tissue *
Lee Serenethos
 Beaverton 503-380-6196
sirmassage.com LMT #5756

Woody Clarke
 LICENSED MASSAGE THERAPIST
 Stellar professional massage in healthy environment.
 Recover from stress or your workout and enjoy. LMT #5989
503-261-3393 **STUDIO X**

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

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