

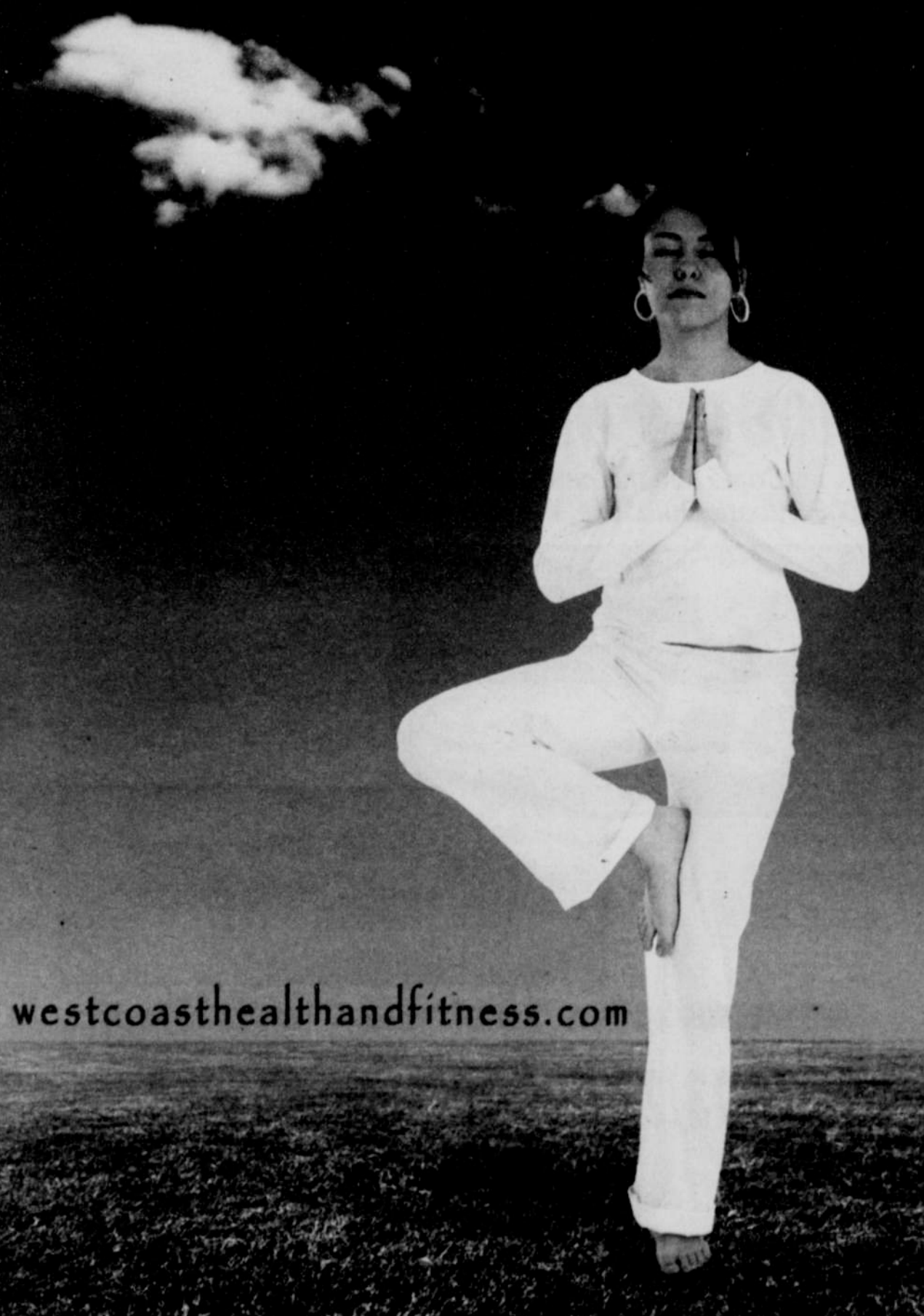
Experience Stress Relief

WestCoast Health & Fitness

2640 NE Alberta 503/288-4500
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proud sponsor of the
 Holiday Stress Management Fair
 for the LGBTQ Community

Visit our booth and demonstrations
 at the Q Center
 November 17th 10am-5pm



westcoasthealthandfitness.com

small biz 101!

get informed & get connected!
 planning & finance, team-building & vision
 10a-4p, sat 11/10; \$25 includes food!

money 101!

do you have it, or does it have you?
 empowering planning tools & insight
 7p-9p, tues 11/20; \$20 with snacks!

rspv online or via workshops@causeit.org
 both events at people's co-op (3029 SE 21st)

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causeit.org | 503.493.7332 | coaching, p.r. & business development for our community



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