

# Experience Yoga West Coast Health & Fitness

1500 NE Oregon St. 503.288.4500  
1521 NE Oregon St. 503.283.5404  
2319 NE Oregon St. 503.289.1429

• 200 sq. ft. studio  
• 1000 sq. ft. group classes  
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[westcoasthealthandfitness.com](http://westcoasthealthandfitness.com)



## want more in life than a 9-5? (you're not alone.)

love  
work  
life  
causeit

balance love, work and life in our fun and easy workshops or in one-on-one coaching: we're here for life extraordinary.

**time management 101**  
weds, 2/6, 630-9p; \$19 @ touchstone coffee

**causing love**  
sat, 2/16, 12-4; \$34 @ the q-center

pre-register via phone or web

[causeit.org](http://causeit.org) | 503.493.7332 | coaching & business development for our community

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Elliott, Powell, Baden & Baker, Inc.



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Located in the heart  
of Sellwood

## THE DOG PARK

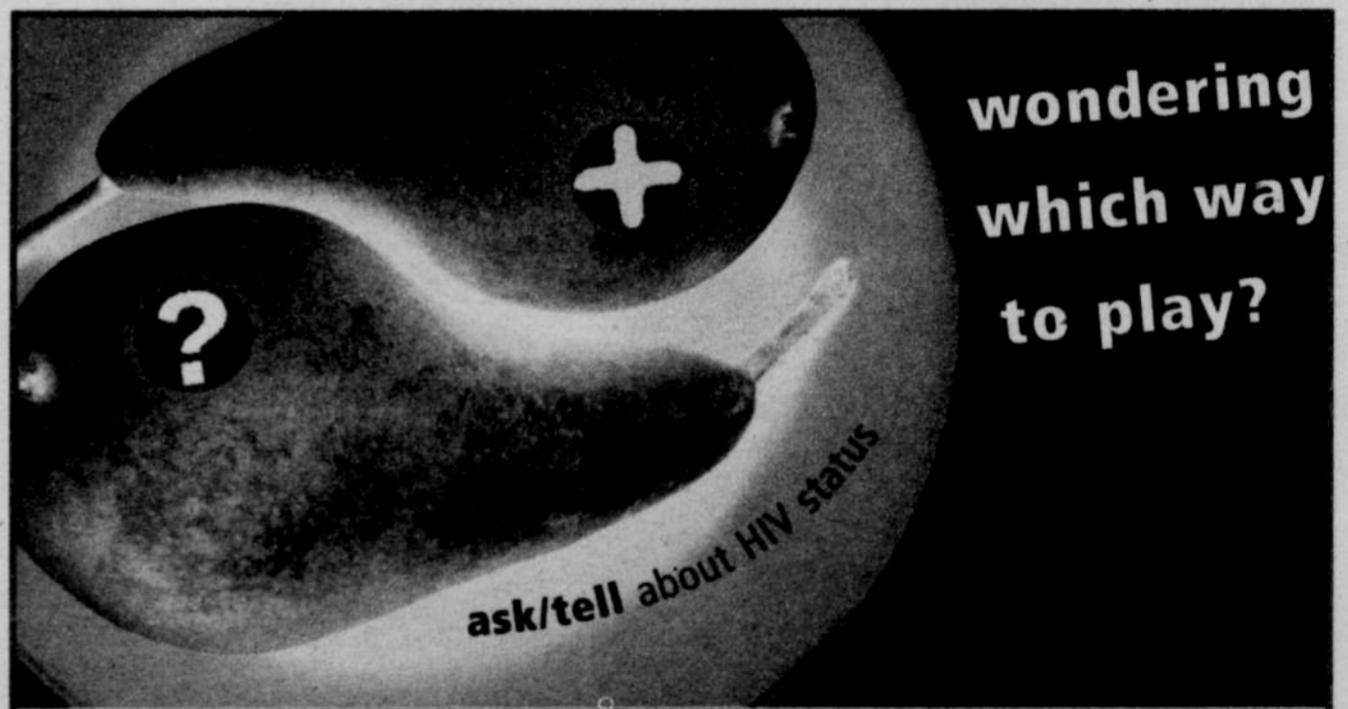
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wondering  
which way  
to play?

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Family Service Coordinator