

Be Who You Wanna Be!

...we don't care

WestCoast Health & Fitness

3 Unintimidating Locations in North & NE Portland

7522 N Lombard	2310 N Lombard	2640 NE Alberta
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EXPRESS CLUB

~ Portland's Most Laid Back Club ~
locally owned & operated since 1993



www.westcoasthealthandfitness.com



REDISCOVER

LOCAL BARS
AS THEY GO SMOKEFREE
BY JANUARY 1ST, 2009

The true aroma of local vintage plaid minus the
cotton smoke. Just a couple of things to rediscover
as bars, ping pong and bowling centers go smokefree
for the health of the employees and patrons.

SMOKEFREE oregon

For help to quit call toll-free: 1-800-QUIT-NOW or 1-877-2NO-FUME (Spanish).
The new law also prohibits smoking within 10 feet of entrances, exits, windows
that open and ventilation intakes of workplaces or public places. For a list of
businesses that are already smokefree, visit www.smokefreeoregon.com.