

Kelly Jarman

Fitness starts from the Inside Out, and doesn't need to be intimidating. Let me help you take care of yourself!



N.A.S.M. Certified In:

- Resistance Training
- Body Weight Training
- Weight Loss
- Cardiovascular Strength
- Kickboxing
- Senior & Youths
- Couples or Small Group Training
- Working with Pre or Post Op, Muscle Strengthening
- Flexibility

Cell: (971) 203-8296

Training out of Terry's Gym in Vernonia

*Free Consultation
Get Started Today!*

Email: KellyJarmanTrainer1@gmail.com

Marie Krahn Massage Therapy

Heather Lewis New Day Massage

Therapeutic Massage Specializing in:

Medical Massage Cupping
doTerra Aroma Touch
Trigger Point Therapy
Reiki • Deep Tissue
Myofascial Release
Reflexology



Medical Massage Cupping
Manual Lymph Drainage
Post Mastectomy Care
Nutritional Counseling
Oncology Support
Sauna on-site

503-429-5180

#5495

503-429-4677

#10732

Collectively serving Vernonia for over 30 years
Accepting HSA debit cards and insurance billing available

I got screened.
**Now, I'm talking
about it.**

Henry Heimuller
St. Helens, Oregon

Screening can prevent colorectal cancer or catch the #2 cancer killer early when it's highly treatable. Most people get screened because they're encouraged by someone they know and trust. **So if you've been screened, please talk about your experience. And encourage others to get screened too.**

COLORECTAL CANCER
The cancer *you* can prevent.

www.TheCancerYouCanPrevent.org

**Oregon
Health
Authority**

A Centers for Disease Control and Prevention-funded campaign

Daniele Ruhter

AUDIOLOGIST

Now accepting appointments

Adventist Health is proud to announce Daniele Ruhter is now accepting patients at the Adventist Health Medical Offices in Manzanita, Pacific City, Lincoln City and Vernonia.

Audiology services available close to home include hearing evaluations for adults and children, hearing aid fittings and cerumen removal.

Call 503-815-2292 for an appointment

Adventist Health

A service of Adventist Health Tillamook RHC/Medical Office Network



Recreational & Medical
Marijuana Dispensary

Serving the Community

Featuring:

- Edibles • Concentrates
- CBD Oils, Topicals, & Tinctures
- Flower Grams & Pre-rolled Joints

**VERNONIA'S
NATURAL CHOICE**

Open 7 days 9am - 9pm
736 Bridge Street, Suite 2



VERNONIA CHRISTIAN CHURCH
SHARING | CONNECTING | SERVING

Everyone is welcome in our vibrant and active community!

Vernonia Christian Church is a place to connect with people who love God and love others. **Join us every Sunday for worship service at our new time 10:00 am.**

PASTOR SAM HOUGH

410 NORTH ST. | WWW.VERNONIA.CHURCH | 503-429-6522



Nourish, Inspire & Elevate

Family Owned & Operated
Cakes, Cupcakes, Bread & More
for Classroom Parties, Weddings,
Birthdays & Celebrations

Thursday - Sunday 8-4
Monday 10-4

- 📍 805 BRIDGE ST, VERNONIA
- 📞 503.429.2222
- ✉️ HOBOBREADCLUB@GMAIL.COM
- 📌 JACK'S HOBO BAKERY & BREAD CLUB