

AHHHHH.....MASSAGE



**WALK OUT
FLOATING ON
CLOUDS**

Relieve aches, pains, stress, anxiety, tension, sciatic pain, etc, using Somatic Communication with an eclectic approach.

MEGAN'S HEALING HANDS
MEGAN HAUG, LMT
Nationally Certified & Experienced
684-6840 • LMT#10180

NATUROPATHIC PHYSICIAN



**Safe, gentle, effective solutions
to your health care needs.**

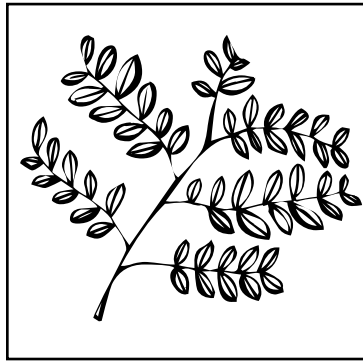
Dr. Oram focuses on getting to know each patient – providing optimal, individualized treatment.

Natural Family Medicine
Natural Hormone Options
Women's Health • Homeopathy
Herbal Medicine • Nutrition
Spinal Manipulation

Where health is just a natural path away.

DR. VIRGINIA A. ORAM
343-2384 • www.DrOram.com
400 E. 2ND AVE. SUITE 105, EUGENE

NATUROPATHY



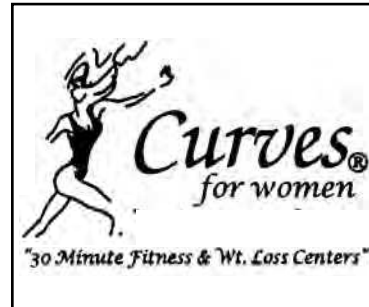
WITHIN REACH

Earth-centered medicine for all ages, incomes and lifestyles. Located amongst forest and gardens, embracing the healing spirit of nature. We specialize in:

- Craniosacral Therapy • Children's Medicine
- Somato-emotional Release • Herbal Remedies
- Naturopathic Manipulation
- Western & Ayurvedic Nutrition
- Birth Preparation & Support

DR. TOM DONNELLY & DR. RACHEL GROSS
NATUROPATHIC PHYSICIANS
25632 JEANS RD. • VENETA • 935-3453

WOMEN'S FITNESS



CURVES FOR WOMEN

- Exercise Made Fun
- Aerobic and Strength Training in 30 minutes
- Uses hydraulic resistance
- Comfortable, friendly environment
- Music makes it fun

"Let thirty minute fitness, in a women only environment, help you acquire the habit of exercise . . ."

NORTH EUGENE • 341-4900
SOUTH EUGENE • 349-1411
SPRINGFIELD • 988-1607

WOMEN'S FITNESS

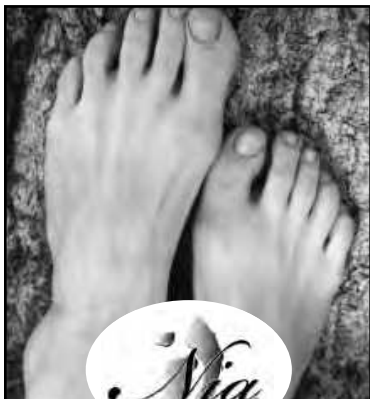


**BODY NOW!
for Women**

Embracing the healing arts, we embody sensation, the backdrop that supports this practice. Integrative body therapies are used to self heal through awareness. Various psychological tools are used to support the process. Students are empowered to take charge of their own growth and well being. Nia is fitness fusion at its finest.

1361 RIVER ROAD
Eugene
WWW.BODYNOW.US
541-729-5079

NIA, THE BODY'S WAY



Combining selected movements and concepts from Yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz, Modern Dance and other movement forms, Nia classes offer total-body cardiovascular conditioning and cross-training. All Nia movements are adaptable and can be personalized for any level of fitness. No prior training is necessary. Experience the joy of movement and the benefits of moving your body . . . the body's way.

JANET HOLLANDER • 747-3850/729-2894
Classes M & F @ 5:30 at 3575 Donald
(New 4 Winds Ctr.) • movingtowardhealth.com

HEALTHY, CREATIVE CUISINE



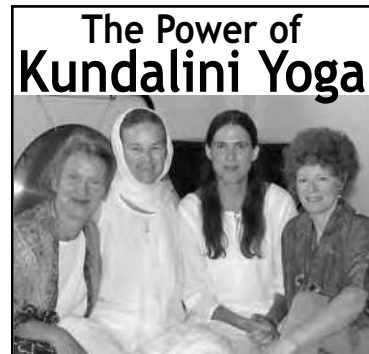
RAW FOOD LIFESTYLE & PREPARATION
GOURMET, ORGANIC, VEGETARIAN,
OR VEGAN MEALS DELIVERED
WEIGHT LOSS PROGRAMS
HEALING DIETS • ANTI-AGING PROGRAM

Rhonda Taylor is a certified Chef specializing in all aspects of healthy living.

She will be doing a Vegan raw cheesemaking demonstration at the 2003 Festival of Raw and Living Foods Aug. 21-26 at Camp Tadmor, Lebanon, OR.
Go to www.rawfestival.com for more info

CALL RHONDA • 541-345-0584

KUNDALINI YOGA



YOGA WEST is a cooperatively run non-profit center for the teaching and practice of Kundalini Yoga as taught by Yogi Bhajan. Kundalini Yoga stretches and strengthens the body, balances the chakras, bolsters the immune system, relieves stress, and calms the mind. Classes include yogic exercise, breath work, mantra, meditation and relaxation. Call 686-0432 for a recorded schedule of drop-in classes suitable for all levels, classes designed for women, and beginners basics classes.

YOGA WEST 686-0432
3635 HILYARD • EUGENE

Building more than a new Weight Room!

Coming soon...

Our new Health and Wellness Center opens September 2. Check it out! Fitness has never felt so good! Our new center is state-of-the-art and all designed to help you meet your goals.

At your YMCA,
we are building...

Strong Kids

- Teen Strength
Learn to lift safely and effectively
- Playcare
Safe and fun child care, while you are working out

EUGENE FAMILY YMCA



Strong Families

- Family Friendly Facility
Family rates, programs and changing areas
- Feel great, feel strong,
play often!
Core values... caring, honesty, respect,
responsibility and FUN!

2055 PATTERSON

Happening now...

Kids are building self esteem, families are getting stronger, and friends are building relationships!

Strong Communities

- Adaptive, accessible equipment
Pool lift, Multi-station weight machine...
- Community wide child care centers K-5th
Care where you need it
- Activities & programs for all
Finding your strengths, meeting your goals;
supporting and being supported

686-9622