

Y At your YMCA...

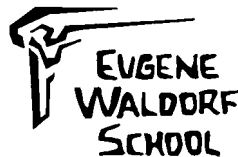


50% OFF Joining Fee + YMCA Shirt!

Extended to Feb. 15
One shirt per membership,
young adult or older.

EUGENE FAMILY YMCA
686-9622 • 2055 Patterson • Eugene
It's where your family belongs!

EUGENE WALDORF SCHOOL AND THE EUGENE PUBLIC LIBRARY



present



The 8th Annual Alternative Education Fair

Saturday, Jan. 31, 2004

1:00-4:00 pm

Eugene Public Library

Free Admission



Displays and representatives from these and other schools will be available:

Blue Mountain School
Emerald Valley School
The Eugene Waldorf School
HomeSource
Life! Lutheran School
Outdoor High School

Northwest Youth Corps
O'Hara Catholic School
St. Paul's Catholic School
Ridgeline Montessori
Village School

Come find out about educational alternatives in the Eugene-Springfield area!

FOR MORE INFORMATION, CALL EUGENE WALDORF SCHOOL 683-6951



Everyone's an athlete — some of us are just more active than others.

Dr. Trek Lyons is Orthopedic Healthcare Northwest's first non-surgical musculoskeletal and sports medicine specialist. He concentrates on evaluating orthopedic injuries to determine the best course of treatment — from exercise to surgery. He works with each patient's primary care physician to coordinate care.

You may think of yourself as a couch potato — but when you throw the ball around or sustain a musculoskeletal injury at work, you just became an "athlete!" And you became vulnerable to an injury, because you're using muscles you don't often use.

Over 85 percent of people with bone, muscle or joint problems don't require surgery. Those people will benefit by seeing Dr. Lyons who focuses on treating and rehabilitating musculoskeletal conditions. Often, patients leave his office with an exercise prescription — because he's committed to preventing further injury.

Dr. Lyons welcomes new patients in Eugene and Springfield.



1200 HILYARD ST., SUITE 600 • EUGENE • 541.485.8111
1435 G ST. • SPRINGFIELD • 541.746.9018