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(NBC Dateline, 2003)

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IS LOVE in your forecast in 2005? Find out with Keen's New Year's special, 10-minute psychic reading for only \$1.99 and an exclusive gift. Credit card required. 18+ required. Call 800-833-KEEN. (AAN CAN)

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Bodywork

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ECLECTIC INTUITIVE MASSAGE: Body Mapping, Fascia integration, stress relief. 686-4644. Rev. Sharon Shaffer BS, LMT #5219.

HEALTHY IS HAPPY, so Eugene Weekly readers must have facial strains from so much smiling. To tap into this pleasant potential, call 484-0519 today.

Classes

BE BOLD THIS WINTER. Improvisation and personal theater classes for women, girls and kids. Start up in mid January. Call Lola, 686-8119.

Counseling

WOMEN'S SUPPORT groups, counselor facilitated, forming now. Ages 18 up. Sliding scale, 10-12 week groups. Relationships and life transitions. For information call 868-4083.

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Groups

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Health & Nutrition

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Martial Arts

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Massage

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MOBILE MASSAGE therapy, providing table or chair massage in your home or office. Deep Tissue, PNF, Swedish, relaxation, pain relief. Jamal Sankari, LMT#6711. 912-0857, References available.

KNEADING MASSAGE therapy to relax or recover? Nice studio near fairgrounds. Intro discount. Kristy, #7598. 345-7724.

MASSAGE AND stretching to fit your needs. \$50/hr, \$60 1 1/2 hr. Indigo rhythm therapy. 343-1625, Alia. LMT#11074.

Meditation

BEGIN THE New Year in the best way by finding peace, power and purpose through meditation. 5 session series. 343-5252. Course is priceless, therefore, free.

NEW MOON MEDITATION group. A starting point for spiritual transformation. Learn to turn your mind inward. Monday, January 10, 2005, 7pm-8:30pm. For information, call 344-5538.

"TIBETAN BUDDHISM: An introduction" will be a six week course combining study and meditation practice. The course will take place at the Milarepa Dharma Center on Monday evenings starting Jan 10. For more info, call 485-1711.

Pregnancy Support

BIRTH DESIGN Doula Services. Exceptional support during the prenatal period and for your birth. You can have the birth you desire in the surroundings you choose. Please call Janene Becker, LMT, CD (DONA), lic#5222, at 284-5947 or visit www.birthdesign.com

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FIRST DEGREE Reiki class, January 14-17, 6pm to 9pm. The Reiki Room, Karen Gordon, 683-3448. www.karengordon.com

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ANOTHER WEEK? I hope you've had your supply of Eugene Weekly. No doctors have approved EW for weight loss, depression, priapism, acne, roseacea, polio, consumption, astigmatism, rickets, scurvy, Tourette's, hypothermia, high blood pressure, acid reflux disease, or guilt. Don't even ask the FDA about using EW as a colic treatment. But this paper, of which you hold one of 35,000 copies, is more than just soy ink on recyclable newsprint. Sometimes you need to look a little closer. Food, music, fine arts, crosswords, commentary, news, rumors, film ... It's all there for your eyes to reap. All you need is a second grade education and the patience to read. Give it a try. If you don't like your issue, it's free.

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