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licensed with the Construction Contractors
Board. An active license means a contractor
has a bond and insurance. Verify a contrac-
tor's license at www.ccb.state.or.us or 503-
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THAT FUNNY FEELING in your pocket is just
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Donate now to Food for Lane County at
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Late Summer Schedule

Four Winds will be open Aug.20-Sep.3
with a modified schedule.

Classes are All-Levels, expect as noted

* Sat. Aug. 20	8:00am	Tom
* Sun. Aug. 21	5:30pm	Holly
* Mon. Aug. 22	9:00am	Lynne
	5:30pm	Vandana
* Tue. Aug. 23	9:00am	Vandana
	5:30pm	Vandana
* Wed. Aug. 24	9:00am	Sylvie
* Thu. Aug. 25	9:00am	Vandana
	5:30pm	Lynne
* Fri. Aug. 26	9:00am	Sylvie
* Sat. Aug. 27	8:00am	Tom
* Sun. Aug. 28	5:30pm	Holly
* Mon. Aug. 29	9:00am	Jennifer
	5:30pm	Vandana
* Tue. Aug. 30	9:00am	Sylvie
	5:30pm	Justine
* Wed. Aug. 31	9:00am	Sylvie
Prenatal	5:30pm	Nancy
* Thu. Sep. 1	9:00am	Nancy
	5:30pm	Holly
* Fri. Sep. 2	9:00am	Jennifer
	5:30pm	Vandana
* Sat. Sep. 3	8:00am	Nancy
* Sun. Sep. 4	Closed	
* Mon. Sep. 5	Closed - Labor Day	
* Tue. Sep. 6	Fall Classes begin	

Check out
our Fall Schedule
on our website

www.fourwindsyoga.org
484-6100 3575 Donald St

Kung Fu Tai Chi Qi Gong

David Leung
541-579 3612
www.leungsmartialarts.com

Nancy Mac counseling

- changing old patterns to allow new choices
- creating healthy relationships

Individuals / Couples

sliding scale

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Tamarack WELLNESS CENTER

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* Fall Workshops! *

Fri. Sep. 9 6:30-8:30pm Dog Training Using Positive Re-Direction

Nadya Hase \$10/adv. \$13/door
Learn how to use positive techniques
with your dogs to redirect negative behaviors.
Includes insights on reasserting yourself as the
leader of your "pack" without using intimidation.



Sat. Sep. 10 9:30am-1:30pm Expanding Your Inner Light

A Renewal & Healing Workshop
A workshop for everyone wanting to
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For complete schedule visit
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the morning-after pill
and the morning after that and the morning after that
and the morning after that and the morning after that

You have up to 5 days to take the morning-after pill.
But the sooner the better.

If you have unprotected sex for whatever
reason - the condom breaks, you miss a
couple of pills, you didn't use protection -
or you where sexually assaulted, you can
still reduce your chance of getting pregnant. Emergency
contraception (EC), commonly referred to as the "morning-
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sex. The sooner you take it, the more effective it is.

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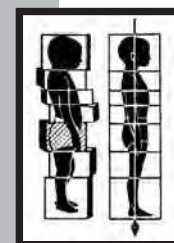
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