



Bodywork

DHARMA MASSAGE CENTER. 343-2745, 34th and University, Morning Discount, 1/12 hours \$50. Nishan Vanatta, LMT#3430.

ECLECTIC INTUITIVE Massage #5219. More than a spa massage: no rocks, privacy, deep tissue myofascial release. 686-4644.

Alternative Medicine

MEDICAL MARIJUANA Clinic in Eugene. Marijuana is legal for the treatment of chronic pain, and other conditions. Find out if you qualify to attend the clinic and receive a medical marijuana card. Space is limited. Call now 541-890-0100 or 503-224-3051. www.voterpower.org

Classes

CHILDBIRTH PREPARATION with Patricia held at Acupuncture for the People, 2833 Willamette St. Suite B Eugene, Oregon. Each 3 class series cost \$75 per pregnant woman, her partner and or support are included in the cost. I try to keep my classes small. No more than 4 pregnant women and their support per series. Classes focus on the application of pain coping and relaxation techniques for labor and life. Through art work, games, and experimental exercises, mothers and birth companions will come to better understand their own beliefs about birth and parenting. Coping techniques include guided imagery, visualization and breath awareness. Learn through interactive participation. Explore processes that help you discover and validate your own knowledge. Give creative expression to secret hopes and fears. Explore personal and cultural beliefs about labor pains. Learn to trust

birth. Develop a calm and receptive state of mind. Learn to be present and strong during birth. Prepare for birth as a Rite of Passage. Birth companions gain faith and confidence in themselves and the birthing mother. Learn to embrace to unknowable path of birth. These unique classes are great for first time parents as well as parents who have previously given birth. I have been teaching Childbirth Education since early 2003. Hundreds of people have enjoyed these truly rewarding classes. 541-56-8415. www.PattyCakeBirthingServices.com

Counseling

I SPECIALIZE in grief and age-related issues. All ages. 10 years experience. Maureen Fitzgerald, M.S. 686-6500.

Health & Nutrition

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Real Estate

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LANDLORDS. Tired of tenant destruction and late rent excuses? Visit our website at www.section8bible.com Book includes eviction information, investor lending and exact banks we used. (AAN CAN)

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- Does every conversation end up unresolved.
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9:00am	•	•		•	•	•	•
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4:00pm	•	•	•	•	•	•	•
6:00pm	•	•	•	•	•		
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