

Spiritual

URBAN SHAMANISM Awaken your personal power & magic. Find your path to health, happiness, & who you are meant to be. David Lang 683-3756 www.urbanshamanism.com

Women's Health

AFFORDABLE MASSAGE & SELF CARE Acupressure & Sports Massage. Bounce back from injuries. Carole Bennett 541-485-1007. #4030

Yoga

FREE YOGA & MEDITATION CLASSES. Relax body, mind, spirit. Thurs 7-8pm. 1st United Methodist, 1376 Olive. 541-686-0506

SUNDAYS AT EUGENE YOGA Intermediate Yoga at 9:30 am, Gentle at 10 am, Community Yoga 4:30 pm - an all levels class for only \$5 drop-in, cash/check only. Friday Flow 5:30-7 pm See our website www.eugeneyogaus for over 35 weekly classes and specialized workshops.

HOME SERVICES

Building/Remodel

CONCRETE CONTRACTOR Residential, Commercial & Industrial concrete contractor with 20+ years of experience. Licensed, Bonded & Insured. CCB #64344. **Scott Brown Construction Inc. CALL 541-726-7706.**

OREGON STATE LAW requires anyone contracting for construction work to be licensed with the Construction Contractors Board. An active license means the contractor is bonded & insured. Verify CCB licenses at: www.hirelicensedcontractor.com

Carpet Cleaning

CRAIG'S PRO CARPET CLEANING 3 rooms \$69 w/Scotchgard \$99. Sofa & loveseat \$99. Call/text 541-513-6682. czitro22@comcast.net

Chimney Sweep

PROFESSIONAL CHIMNEY SERVICES 35 yrs+ experience. Jolly Good Chimney Sweep. David Stuart Bull Esq. CCB#51931. Call 541-344-5571

Cleaning

CONNIE'S CLEANING 1 time, monthly, weekly/bi-weekly. 20 yrs experience. Starting at \$15/hr. Great references. 222-0060

SPARKLE & SHINE Excellent housecleaning services. No job too big. Call for quote. Michele, 541-607-1137 or 541-357-2716.

General Services

WE DO ANY WORK! Our company does tree topping, lot clearing, roads maintained, logging, grader, operator work, demolition, you name it. 5412901751 jeremy

Maintenance/Repair

NEED A HAND? I'm your man. Affordable. Local references. Sean Cannon 541-221-3533. Senior discounts.

Painting

CUSTOM QUALITY HOUSE PAINTING by ArtTrek. Interior, Exterior. Faux Finish. Lead Safe. **www.arttrekinc.com** 683-0626. ccb#62677

Recycling

TOTALLY FREE APPLIANCE & SCRAP REMOVAL Freezers, microwaves, washers, etc. Junk, trash, old hot tubs, yard work. Spring cleanups. Jim Calhoun & Gus Ramirez 541-953-6675 or 541-514-4283

Yard & Garden

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ANGEL'S GARDEN SERVICE Cleanup, mow, edge, weed, pressure wash & more. Reasonable rates. Commercial/residential 541-517-6162

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Language

SPANISH CONVERSATION CLASSES tutoring, discussion groups, speaking practice in Spanish & English; Spanish.amigos@gmail.com; spanish.meetup.com/939/

REAL ESTATE

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Homes

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Rental Services

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SPORTS

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GOLF LESSONS PGA Professional Sean McGowan will help you with your game at RiverRidge Golf Course. Learn the fundamentals & have fun. Call Sean 541-510-1241. Email: seanmcgowan@gmail.com

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