

Wellness

DO YOU OR A LOVED ONE HAVE ALZHEIMER'S DISEASE? The Alzheimer's Association Oregon Chapter can help. Call our 24/7 helpline at 800.272.3900 or visit alz.org/oregon to find out about programs in Eugene.

NEED TO GET back in your life? It happens here: Fibromyalgia Care Center of Oregon, located in Eugene, 541-654-0850.

NUTRILITE PRODUCTS TO YOUR DOOR www.amway.com/lifestyleshopping

Hypnotherapy

HYPNOSIS is a powerful tool for change. Stress? Health issues? Smoking? Weight loss? Anxiety? Phobias? Pregnancy? Nancy Mac, CHt 541-485-4559 www.NancyMac.net

LIFE WORKS Couples & Singles Counseling. School of Hypnosis. New certification class in Sept. Lifeworks-or.com, 541-744-6655. Visa/MC/Discover/AMEX accepted.

LOSE WEIGHT Stop smoking with Hypnotherapy. Covered by most insurance, available weekends. Shoshannah Theille, CHT, 541-684-3965.

Martial Arts

DAOIST MARTIAL & HEALING ARTS www.kungfueugene.com 541-606-5851

Massage

ANNIE, EXPERIENCED MASSAGE THERAPY in professional, private setting, South Eug. Gentle, deep, intuitive work. Introductory discounts. WWW.BRIGHTSTARMASSAGE.COM 541-228-4383. License #13683

MASSAGE FOR STRESS and pain relief, relaxation & overall health. Fragrance-free. Jayne Syverson 689-5303. Lic#4866

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

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Painting

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Film/Video/Photography

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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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WANTED: PLACE TO RENT for Buggy Shop in local rural area. Reasonable. Call 1-541-294-3442. Ask for Eli.

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