

Getaways

SKINNY DIP YEAR ROUND! Willamettans Family Nudist Resort. Free 1st Time Visitor Pass. 541-933-2809 willamettans.com

MUSIC

Lessons

FEED YOUR HEART & SOUL Non Traditional Singing lessons for teens/adults. Voice training for pro's to non-singers. Linda 344-8192

WELLNESS

Bodywork

CHRONIC PAIN? Try Roling. Jeffrey Burch LMT #9092, 541-689-1515 jeffreymburch.com

Classes

LIVING WITH MEMORY LOSS 8 week series. Tues. 10am-12pm. Start Sept. 13 to Nov. 1. Central Lutheran Church 1857 Potter St. 541-345-0395

THE ARTIST'S WAY Longing to be more creative? Explore, nurture & liberate your inner artist through exercises, discussion & activities. Small groups support your process. Thurs 9:30-11:30am, 11 wks. Other grps possible. Start week: Sept 5, \$275 Kathleen Hogan, M.A. 541-606-6473

Counseling

STRESS, RECOVERY, LIFE COUNSELING Initial Session Free. Specializing in Stress Management and Substance Abuse Counseling. WWW.jamesblandford.com 541 357 2707

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.

THE WELLNESS ENDEAVOR Quantum biofeedback, spiritual coaching, nutritional consulting, crystal healing. 541-232-9036

Hypnotherapy

LIFE WORKS Couples & Singles Counseling. School of Hypnosis. New certification class begins Sept. 24th. \$200 Early registration discount. Lifeworks-or.com, 541-744-6655. Visa, MC, Discover, AMEX accepted.

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

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

Massage

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

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

HOME SERVICES

Moving

A MOVING EXPERIENCE Loading, Driving, Freight, Cleanup: \$15/hr per man. Hauling: \$45 dump runs, \$35 wood & yard debris. Deliveries: \$35 in town, \$45 out. 541-337-3393 davemovesme@yahoo.com

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

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Electrical

DOUG PALMER ELECTRIC Best Job! Best Price! Free Estimate. 541-434-5600. ccb#181465

Painting

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Plaster Stucco

INDEPENDENT PLASTERING & STUCCO, LLC. New remodel & old. Chimneys & fireplaces. 22 years. CCB# 151757. Greg 541-747-1287

Recycling

FREE RECYCLING, FREE REMOVAL Unwanted Appliances, Junk cars, trucks, parts, batteries, wheels, bottles, cans. Tom 541-606-1219.

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

\$35 AVG YARD front & back will include FREE trimming & edging. Property clean-up, moving, hauling dump truck, tractor, window washing in/out avg. house \$75. Upolstry cleaning Couches \$35. House cleaning avail \$15/hr. Call 24/7. 541-852-9479 CAN DO MANY OTHER THINGS

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

GET IT DONE! Weeding, pruning, edging, hedging, mowing, ivy/blackberry removal. Hauling. Call Janice 344-1968. janicesunseri@yahoo.com

MKB GARDENING SERVICE Master Gardener. 20 years experience. Complete lawn and garden care, specimen pruning, plantings and cleanup. Martina, 541-688-1619.

VAN'S YARDCARE One time cleanups or weekly/bi-monthly. Environmentally conscious, energetic. Leaves, english ivy, berries, digging, weed, prune. 24 years, insured. 541-343-2790

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RENTALS

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1 BDRM APT Most things included. \$635/mo - no pets. Smoke, positivevelife@cheer.com

SMALL 1-BDRM 1 bath duplex. \$400/mp, \$500 deposit. Small Pets Ok. 2864-1/2 Roosevelt. Please call 541-689-1129. Mon-Fri 8-4:30.

SMALL 1-BDRM DUPLEX Close to campus, downtown, no pets. Avail approx 9/1. \$625/mo, \$600 dep. 730 W. 11th 541-729-2944

Homes

1175 W. 19TH Charming 3-bdrm wood floors, washer/dryer, fenced yard, quiet st. Pets ok. No smoking. \$1,050+ 541-520-7537

COUNTRY PARADISE lg 4+bdrm, 1 ba on 11 shared organic acres 15 min So. of Eugene. Clean/sunny, wood/elec heat, gardens. No dogs/smoking. Lease \$1100/mo 541-342-5027

NW RENTAL SERVICES ONLINE Need help finding a home? Home owners list your rental property for free! Website Address: www.nwrso.com Phone: 541-343-0891

Shared Housing

LARGE ROOM W/PRIVATE BATH in quiet area. Share kitchen. Smoking ok. \$400/mo + 1/3 utilities. 541-345-5176

ROOMS FOR RENT Weekly rates, furnished. Includes utilities, laundry, Internet, cable, kitchen. In Springfield 541-505-7756

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SUNNY ROOM \$375 South Eugene. Wood floors, piano, washer & dryer, with OCF Elder. 541-686-1574. Nice dog ok.

Rental Services

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