

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 bio-feedback, 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

Yoga

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

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

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

Electrical

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

Painting

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

Recycling

FREE RECYCLING, FREE REMOVAL Unwanted appliances, cars, trucks, parts, batteries, wheels, scrap metal, 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 mowing front & back. Property clean-up, moving, hauling, window washing in/out avg. house \$75. Carpet cleaning: one room/hall \$45, we move furniture at no charge. House cleaning \$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

ANY YARDWORK Hauling, Extreme yard cleanups. Mowing, hedges, edging, high grass cutting. Brush, blackberry cutting, chainsaw work. Free bids. 541-345-5128.

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

MARK'S YARDS & GARDENS Dependable, reasonable, lawn maintenance, tall grass mowing, clean-ups, blackberry removal & lawn renovation. 541-556-4433

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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Dance

LEARN TO DANCE Classes starting in October. Laura & Robert will teach Social Ballroom, Latin and Swing. Couples & Singles Welcome! Monday or Thursday night. \$68 per person for 8 week series. For registration forms email dancelaurarobert@riouisa.com or call 541-342-3058

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REAL ESTATE

Realtors

A SOCIALLY responsible Realtor. Kathy Ging, M.A., G.R.I., 24 years of ethical practice. Amethyst Realty LLC 541-342-8461 or 541-729-1444 kathy@kathyging.com. www.kathyging.com.

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RENTALS

Commercial

BEAUTIFUL, AIRY, OFFICE for healing arts professional. "1524 Willamette" \$422 monthly. Waiting room, parking, private restroom, kitchenette. 541-683-7808. Avail 9-11.

LITE AIRY UPSTAIRS OFFICE in Healing Arts Clinic. Shared bathroom plus study area. \$300/mo + shared utilities. Available Sept. 1. Larry Weinstein 541-344-5882

Homes

HISTORIC FIVE BEDROOM, 2 bath home with hardwood floors, high ceilings, all appliances, and a single car garage. Close to bus, library & just 10 blocks from U of O. Rent \$1,995 + deposits. Cats ok with deposit. 541-689-4887

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

VERY NICE 3-bdrm, 1.5 bath, new carpet & fence, big backyard, RV parking, 2 car garage, covered patio, lawn care incl, near Riverbend. 546 Pinedale. \$1,050+ No pets/smoking. 541-912-1919, 541-726-1662

Shared Housing

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

SHARE 2 STORY well maintained house on 2 acres, trees, private, semi-rural setting near Eugene. Your private space is Irq BR, full ba. Share huge LR w/fireplace, huge kitchen, dining area, much else. Ideal for single, couple, or 2 roomies. No smoking of anything. \$497.50/mo + same for deposit. Share utilities, etc. Avail now. 541-953-4084

Rental Services

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Ron Tinsley Realtor

Thinking about buying or selling a home?

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