

**NON TRADITIONAL** Singing lessons for teens to adults. Voice training for professionals to non-singers. Linda Leanne 541-344-8192

**WELLNESS**

**Bodywork**

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

**P 1-INTRO TO MEDICAL QIGONG THERAPY** 2 Sections: 11 Thurs, 9a-12:15p, begins 9/29. 5 Sats, 9a-5:30p, begins 10/8. 32 Hrs.-NCCAOM CEU's for Acupun. SELF-HEALING W/QIGONG 4 Classes \$50, Weds. 7-8:30p. Int'l Institute of Medical Qigong, Eric Shaffer, DMO 541-654-0219. www.qigong-clinic.com

**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

**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**

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**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

**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**

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**Electrical**

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**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**

**\$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

**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.

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**Dance**

**ARGENTINE TANGO** Beginning & intermediate classes 6 wk series, \$65. Beginners start Sept. 11. Sundays 3-4pm. 485-6647. No partner necessary.

**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@riouasa.com or call 541-342-3058

**Environmental**

**ATEZ, INC.** Environmental Remediation LEAD PAINT - MOLD - ASBESTOS Sampling, Inspections, & Remediation atezinc.com 541-995-6008 ccb#64090

**Film/Video/Photography**

**COMMUNITY TELEVISION** (Comcast channel 29) offers hands-on classes in Studio, Field & Digital Editing. For info call 541-790-6616 or info@ctv29.org

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**RENTALS**

**Homes**

**2786 MALIBU WAY** 3-bdrm, 2-ba. 2 car garage, deck, fireplace, RV parking. Clean, no pets or smoking. \$950/mo. 310-344-4369.

**COULD BE 4BR HOUSE OR 2 APTS** w/sep entrances. 2BR/1BA, kitchen, LR, W/D & fireplace on each level. Garage. Close to bus/downtown/parks. 5m private yard. \$1600/mo w/\$1600 dep. Near 19th/Lincoln 541-579-1066

**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

**MOUNTAIN TOP** Retreat. 10 timbered acres 9 mi. SW of Creswell. 2+bdm, 2 bath, fireplace, washer & dryer, utilities, phone. No smoking, Pet? \$1,150. 541-953-4001

**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**

**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

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

**Rooms for Rent**

**\$310 + REFUNDABLE DEPOSITS,** Barger area, near bus stop, utilities paid, share kitchen, background check? 541-461-2071

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