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MASSAGE THERAPY Car accidents, whip lash, chronic pain, relaxation. Insurance accepted, avail weekends. Shoshannah Thielle, LMT #3461. 541-684-3965.

ROLFING relieves chronic pain, improves posture, helps you find ease in your body. Mark Donahue, Certified Advanced Rolfing, 25 yrs exp. LMT #14017 markdonahuerolfing.com 541-232-7630

Classes

QIGONG SELF-HEALING CLASSES Tuesday 6:30-7:45pm, call to join, \$50/mo. Eric Shaffer, DMQ, 541-654-0219. www.qigong-clinic.com

WOMEN'S WEIGHT LOSS WITH HYPNOSIS 6 week class starting Saturday, January 11th. 9-11am. Sliding scale \$125-\$175. Shoshannah Thielle, CHT 541-684-3965

Coaching

ADOLESCENT & ADULT Family Neuro-Linguistics Coaching, Therapy, Weight loss, Smoking cessation, Phobias, Anxiety, Hypnosis, Reiki. 541-517-5657. adolescent-coaching.com

Counseling

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WHITE BIRD DENTAL CLINIC 1400 Mill St. Eugene. Emergency & on-going denistry for Low/No income residents of Lane County. Accepts OHP & under insured. 541-344-8302

Hypnosis

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

STOP SMOKING NOW!!! 4 Sessions - Permanently Call Shoshannah Thielle, CHT 541-684-3965 YesHypnosisWorks.com

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Workshops

STOP THE FOOD FIGHT, JAN 18 & 19 Private JOURNEY sessions, group meditation, yoga. www.elsvanderhorst.com www.stopthefoodfight.org 541.914.9159

Yoga

EUGENE YOGA HAS OVER 65 CLASSES A WEEK! \$44/4 weeks of Unlimited Yoga for students new to the studio. Sunrise Yoga Mon & Tues 6:30am. www.eugeneyoga.us 541.520.8771, 3575 Donald St

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Register at www.stopthefoodfight.org

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Breast Health Awareness

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Sat Jan 18, 1:00-3:00 pm

Desiree Rumbaugh Jan 31-Feb 2

Preregistration required for all of the above

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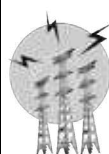


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