

As the weather starts to get colder, and cold and flu season is right around the corner, it might be a good time to start thinking about your health. Luckily, the **Eugene Health & Wellness Expo** has got you covered. The week-end-long Expo includes educational seminars led by health professionals and educators in the community. Seminars range from topics like "Total Wellness: Mind and Body/Advanced Cell Renewal" to "Optimal Nutrition For Our Companion Animals." Local vendors will offer natural food and products to sample as well as free health and wellness screenings.

The Eugene Health & Wellness Expo takes place from 10 am to 6 pm Saturday, Oct. 7, and 11 am to 5 pm Sunday, Oct. 8, at Lane Events Center's Wheeler Pavilion (796 W. 13th Avenue). For more info about the event, and for a full list of vendors and schedule of seminars, visit dammstraightproductions.com. The event is FREE. — *Meerah Powell*



Western Wednesday, country swing & line dance lesson 7-8pm, social dance 8-10pm, The City Nightclub, 2222 MLK Jr. Blvd. FREE.

Lindy Hop, East Coast, Charleston, 8-10pm, Veterans Memorial Building, 1626 Willamette St. \$5.

Dance Empowered w/Cynthia Valentine continues. See Saturday.

SPECTATOR SPORTS 2018 NW Pacific Regional Figure Skating Championships, varying times, today & tomorrow, The Rink Exchange, 796 W. 13th Ave. \$15-\$40, children 3 & under FREE.

SPIRITUAL Water Blessing Ceremony, globally synchronized w/water ceremonies around the world joining Dr. Emoto, noon, anywhere (near water preferably). FREE.

Insight Meditation, 6:30-8pm, YogaMind Studio, 1339 Oak St. don.

Buddhist meditation class, guided meditation & teaching, 7-8:15pm, Sweaty Ganesh Yoga, 820 Charnelton. \$10 sug. don.

Refuge Recovery, 7-8:30pm, Unitarian Church, 1685 W. 13th Ave. Rm. 2. FREE.

TEENS Grrrl Jamz, practice an instrument w/Grrrlz Rock, for girls 10-18, 3:30-5pm, Ophelia's Place, 1577 Pearl St., #100. FREE.

Women's Advisory Council for girls 14-18, 4-5pm, Ophelia's Place, 1577 Pearl St., #100. FREE.

THEATER *Beautiful*, The Carole King Musical, 7:30pm today & tomorrow, Hult Ctr. \$48-\$111

THURSDAY OCTOBER 12

SUNRISE 7:23AM; SUNSET 6:32PM
AVG. HIGH 66; AVG. LOW 42

ART/CRAFT Drop-in Maker Time continues. See Thursday, Oct. 5.

Local photographer Greg Giesy exhibit continues. See Thursday, Oct. 5.

The Mystique of Colored Pencils. See Thursday, Oct. 5.

FARMERS MARKETS FOOD for Lane County Youth Farm Produce Stand, 2-6pm, 3333 Riverbend Dr. foodforlanecounty.org/gardens. FREE.

South Valley Farmers Market continues. See Thursday, Oct. 5.

GATHERINGS Connecting Students to Careers, 9am-3pm, Lane Events Ctr., performance hall, Gleason Atrium, pre-register connectedlanecounty.org. FREE.

OMSI Science Pub: Geology of Oregon & Washington, science lecture, trivia, Q&A, 6:30pm, Whirled Pies, 199 W. 8th Ave. \$5.

NAMI Lane County's Friends & Family Support Group, 7-8:30pm, Lane County Behavioral Health Services, 2411 MLK Jr. Blvd., 2nd fl. FREE.

Singing Heart Community Singing, call & response, all voices welcome, 7-8:30pm, Ctr. for Spiritual Living, 390 Vernal St. \$10.

Atheist, Agnostics & Free Thinker AA continues. See Thursday, Oct. 5.

Downtown Toastmasters continues. See Thursday, Oct. 5.

Emerald Photographic Society Club Meeting continues. See Thursday, Oct. 5.

Home Grown Community Radio Forming KEPW-FM meetings continue. See Thursday, Oct. 5.

Men's Meet Up continues. See Thursday, Oct. 5.

NAMI Connection Support Group for people w/mental health issues continues. See Thursday, Oct. 5.

Overeaters Anonymous continues. See Thursday, Oct. 5.

HEALTH Cycle continues. See Thursday, Oct. 5.

Gentle Exercise for Wellness continues. See Thursday, Oct. 5.

Intro to Weight Training continues. See Thursday, Oct. 5.

Nia Fusion Fitness continues. See Thursday, Oct. 5.

Tai Chi: Level 1 continues. See Thursday, Oct. 5.

Tai Chi: Level 2 continues. See Thursday, Oct. 5.

Stress & Anxiety Relief Group Acupuncture continues. See Oct. 5.

KIDS/FAMILIES Babies & Toddlers Storytime continues. See Wednesday.

Walkers storytime continues. See Thursday, Oct. 5.

Table Tennis for kids continues. See Thursday, Oct. 5.

LECTURES/CLASSES One-on-One Job Hunt Help, 4-6pm, downtown library, pre-register for individual appointment, 541-682-5450. FREE.

Create a One Page Marketing Plan, 6pm, downtown library. FREE.

William Powhida art lecture, "After the Contemporary," 6pm, Lawrence Hall, rm. 177, UO Campus. FREE.

DanceAbility Class continues. See Oct. 5.

Harmony: Community Centered Martial Arts continues. See Oct. 5.

Living on the Land Class Series continues. See Thursday, Oct. 5.

Massage Techniques continues. See Thursday, Oct. 5.

"The Nature of Fascism" continues. See Thursday, Oct. 5.

POP Pilates w/Lila continues. See Thursday, Oct. 5.

Talks at the MNCH continues. See Thursday, Oct. 5.

LITERARY ARTS EUZINE zine reading, this event promotes Euzine Fest, 7-9pm, Vanilla Jill's, 3rd & Blair, euzinefest.com. FREE.

ON THE AIR "Arts Journal" continues. See Thursday, Oct. 5.

"The Point" continues. See Thursday, Oct. 5.

Thursday Night Jazz w/David Gizara continues. See Thursday, Oct. 5.

OUTDOORS/RECREATION GEARS Bicycle Club: McKenzie View & Sunderman, 9am, Alton Baker Park, eugenegears.org. FREE.

Adult introduction to ki-aikido continues. See Thursday, Oct. 5.

Board Game Night continues. See Thursday, Oct. 5.

Categorically Correct Trivia w/Elliott Martinez continues. See Thursday, Oct. 5.

Centennial chess club continues. See Thursday, Oct. 5.

Cribbage Tournament continues. See Thursday, Oct. 5.

Duplicate Bridge continues. See Thursday, Oct. 5.

The Frightuary continues. See Friday.

Lunchtime Tap & Growler Running Group continues. See Thursday, Oct. 5.

Pool Hall for seniors continues. See Thursday, Oct. 5.

Tai Chi continues. See Thursday, Oct. 5.

WDYK Trivia w/Brady continues. See Thursday, Oct. 5.

WDYK Trivia w/Haley continues. See Thursday, Oct. 5.

WDYK Trivia w/Kevin continues. See Thursday, Oct. 5.

WDYK Trivia w/Zach continues. See Thursday, Oct. 5.

SOCIAL DANCE Crossroads Blues Fusion Weekly Blues & Fusion Dance continues. See Thursday, Oct. 5.

English & Scottish Country Dancing continues. See Thursday, Oct. 5.

Line Dance Lessons continue. See Thursday, Oct. 5.

Music & Dance Workshops w/Taller de Son Jarocho continues. See Thursday, Oct. 5.

SPECTATOR SPORTS 2018 NW Pacific Regional Figure Skating Championships continues. See Wednesday.

SPIRITUAL Refuge Recovery continues. See Thursday, Oct. 5.

Zen Meditation continues. See Thursday, Oct. 5.

TEENS Acoustic GRRRL JAM continues. See Thursday, Oct. 5.

No Shame Workshop continues. See Thursday, Oct. 5.

THEATER *Beautiful*, The Carole King Musical continues. See Wednesday.

Jekyll & Hyde continues. See Friday.

Middletown continues. See Thursday, Oct. 5.

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