



Nancy's
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since 1960.

STRAWBERRY CREAM CHEESE
SWEETHEART PIES
and other recipes found at nancysyogurt.com

Springfield Creamery • Independent & Family Owned • Eugene, Oregon

Sentient Body

Introduction to the Sentient Body with Lisa Marks

In Sentient Body Explorations we connect our bodies through sensation and movement, finding tools to live more fully and embody our soul's purpose. Subtle physical experiences deliver information necessary to live our path. Unfolding these messages we discover the body's wisdom, guidance for living an authentic life.

FEBRUARY 10, 2018
1-5pm | Eugene Yoga South Studio
\$50 day of and \$40 in advance

TO REGISTER:
eugeneyoga.us / 541-520-8771



Fresh
Flowers
Orchids
Fragrant
Jasmine
African Violets

Don't forget



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Capella
MARKET

CITRUS FEST
Sunday, Feb. 11
Noon - 3pm

Enter to win a citrus gift basket! Drawing at 3pm!

It's our annual winter food event! Our produce department will be offering samples of a variety of citrus fruits for your tasting pleasure and palate education. Don't miss out!

BENEFIT RAFFLE
Buy \$1 tickets for chances to win a **VITAMIX E320**
PROCEEDS WILL BENEFIT SCHOOL GARDEN PROJECT
Drawing: Saturday, March 17

25th & Willamette • Daily 8AM-10PM
541-345-1014 • capellamarket.com



Show Your Love This Valentine's Day



EUPHORIA CHOCOLATE COMPANY

Strawberry and Champagne Truffle is back for a limited time

Oakway Center
21 Oakway Center
541-343-0407

Downtown
946 Willamette
458-201-8750

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4090 Stewart
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www.euphoriachocolate.com

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EVERGREEN tattoo expo

MARCH 16-18 • LANE EVENTS CENTER
ART • FOOD • BEER • BEARD COMPETITION

ADMISSION: \$15 [1 day]
\$40 [3 day weekend pass]
HOURS: Fri 12-10, Sat 11am-10, Sun 11-8
Children welcome with adult supervision

For more information visit
EVERGREENTATTOO.COM

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