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ANGELA HOSPICE
The Angela Hospice ongoing grief support groups meet 1 p.m. and 6:30 p.m. the second and fourth Tuesday of the month. Call Ruth Favor, bereavement coordinator, at (734) 464-7810.

THUR, JULY 26
POWER OF ATTORNEY
Learn how you can designate a patient advocate who can act on your behalf regarding medical decisions should you become incapacitated. Learn why this is preferred over a living will. Discussion begins 7 p.m. at Providence Hospital & Medical Center-Novi Park, 47601 W. Nine Mile Road, Novi. Free. Call (877) 345-6500.

JULY 26 & 28
WEIGHT REDUCTION
Providence Hospital will hold three Wellness Seminars for weight reduction: 3-5 p.m. and 6:30-8:30 p.m. Thursday, July 26 at the Providence Medical Center-Livonia; Mission Health Medical Center, 37695 Seven Mile Road (at Newburgh); and 1-3 p.m. Saturday, July 28 at Novi Park: Providence Medical Center, 47601 Grand River Avenue (Beck Road entrance). First 45 minutes of each session is free; afterwards, participants pay a one-time fee of \$59. Call (877) 345-6500.

JUNE 26-AUG. 7
CHILD BIRTH EDUCATION
St. Mary Mercy Hospital will offer "Childbirth Education," a series of six classes 7-9 p.m. Tuesdays in West Addition A. The series also is offered Wednesdays, Aug. 1-Sept. 5; Mondays, Aug. 6-Sept. 17; and Mondays, Sept. 24-Oct. 29. Cost is \$55. The class teaches expectant mothers and their partners the Lamaze method for labor and delivery. A one-day accelerated workshop is scheduled 9 a.m. to 4:30 p.m. Saturday, Aug. 4 in West Additions A and B. The cost is \$75. Pre-register by calling (734) 655-1100.

TUES, JULY 24
THYROID CANCER
The Thyroid Cancer Survivors Association-SE Michigan support group meets 7-8:30 p.m. the 4th Tuesday on the month in the Gold Room of the Plymouth Public Library, 223 Main Street, Plymouth. Survivors, family and interested health-care professionals invited. Call (734) 397-2801.

WED, JULY 25
IMMUNIZATIONS
An immunization clinic for children age 13 and younger will take place 8:30-11 a.m. at the Providence Medical Building, 22260 Providence Drive, Suite 500, Southfield. No appointment necessary. Cost is \$5 per child. Call (877) 345-6500.

JULY 25 & 28
STOP SMOKING
Providence Hospital and Medical Centers will offer two "Smoking Cessation" clinics: 6:30 p.m. Wednesday, July 25, Livonia Mission Health Medical Center, 37695 Seven Mile Road (at Newburgh), Livonia; 10 a.m. Saturday, July 28, Novi Park, 47601 W. Nine Mile Road, Novi. \$59 fee. Call (877) 345-6500.

SUN, JULY 29
CHEMICAL SENSITIVITY
M.C.S. Friends, a non-profit, educational support group for the chemically injured, their families and friends, will meet 2-5 p.m. at the Good Food Company, 42616 Ford Road, Canton (1/2 mile West of I-275 at Lilly). The guest speaker will be Mr. Patrick Lyons, a licensed builder and inspector for "safe housing." Please come unscented. Call (248) 349-4972.

WED, AUG. 1
PRENATAL FITNESS
"Prenatal Fitness," a new six week series of classes will run from Aug. 1 through Sept. 5. Classes meet weekly from 6 p.m.

to 7 p.m. in the hospital's West Addition.
Exercise ensures a positive outlook about pregnancy and delivery, increases strength and stamina needed for childbirth, and makes postpartum recovery faster and easier. There is a fee for the course. To pre-register call: (734) 655-1100

MENOPAUSE
The Menopause Support Group will meet 7-9 p.m. at St. Mary Mercy Hospital in Livonia, West Addition B. Join other women and share concerns, feelings and experiences about menopause, as well as other mid-life and health issues. Free. Call (734) 655-1100 or (800) 494-1615.

WED, AUG. 8
DIABETIC HEART CARE
The Diabetes Support Group at St. Mary Mercy Hospital, Livonia, will host a discussion, "Take It To Heart," 7-8:30 p.m. in the hospital's auditorium. Ginger Ramsey, MSN, RN, will discuss what diabetics need to know about preventing cardiovascular complications. Call (734) 655-8940.

WED, AUG. 8
BMW FUNDRAISER
Drive a BMW and raise money for cancer research. The Auto-Strasse dealership on Auto Mall Drive off Jackson Road in Ann Arbor will present "The Ultimate Drive" 10 a.m. to 6 p.m. For every mile test-driven, BMW will donate \$1 to the Susan G. Koman Breast Cancer Foundation, which supports local cancer research at the U-M Comprehensive Cancer Center. Call toll-free 1-877-4-A-DRIVE.

TUES, AUG. 14
POSTPARTUM SUPPORT
The Mother-Baby Postpartum Support Group at St. Mary Mercy Hospital, Livonia, will meet 10-11 a.m. in West Addition B. A certified lactation specialist will discuss the postpartum period of adjustment. Call the Marian Women's Center at (734) 655-1100.

HOW MANY YEARS HAS IT BEEN SINCE YOU'VE HAD YOUR ANNUAL PHYSICAL?

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Per Check	\$0.00	\$108.00	\$156.00	\$144.00
Per Deposit Slip	\$0.00	\$135.00	\$223.00	\$180.00
Check Ordering Fee	\$0.00	\$ 60.00	\$200.00	\$ 77.25
Courier Service	\$0.00	\$192.00		
Total	\$0.00	\$675.00	\$821.00	\$393.25

*These fees may vary based on your business's individual needs and usage. *Service not available



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