

APRIL

Weight Control Seminar
Informational meeting, 7 p.m.
Tuesday, April 22 or 23, 1 p.m.
Wednesday, April 23 or 30, Beaumont
Weight Control Center, 4949 Coolidge,
Royal Oak, (248) 655-5900.

Team in Training
The Leukemia & Lymphoma Society's
Team in Training program offers run-
ners, walkers, cyclists, in-line skaters,
and triathletes of all fitness levels the
opportunity to complete a marathon,
half-marathon, century ride, road
skate, or triathlon. Participants fund-
raise to support the event and to help
the Society achieve its mission to cure
leukemia, lymphoma, Hodgkin's
disease, and myeloma, and improve
the quality of life of patients and their
families. Learn more about Team In
Training 6:30 p.m. Wednesday, April 23
at KLM Bike & Fitness, 2680 S.
Rochester Road, Rochester, or 6:30
p.m. Thursday, April 24 at the Royal
Oak Community Center, 3500 Marais,
Royal Oak. To RSVP call (800) 456-5413
or visit www.teamintraining.org/ml
Night at the Castle

The Infant Mortality Project's eighth
annual Night at the Castle, at 8 p.m.
Thursday, April 24 at Mark Ridley's
Comedy Castle, 269 E. Fourth St.,
Royal Oak. Features Marilyn Hopper,
voted best female stand-up comedian.
VIP reserved seating tickets are \$20.
General seating is \$15, no tickets at
the door. Proceeds benefit parents,
infants and children served by the
Project's programs. For more informa-
tion and tickets, call (313) 869-8420 or
e-mail InfantMIP@aol.com.

Aphasia Support
For adults and their family members.
10 a.m. to noon Thursday, April 24,
Royal Oak Senior/Community Center,
3500 Marais (north of 13 Mile Road),
Royal Oak, (248) 655-5828.

CPR
Three hour course for adults, including
recognition of the signs and
symptoms of heart attack and stroke.
6:30-9:30 p.m. Wednesday, April 23 or
30, Beaumont Business Center, first
floor conference room, 500
Stephenson Highway, Troy. Fee \$25,
call (800) 633-7377.

Look good
Hands-on session teaches women
with cancer to improve their appear-
ance and self-image. 10 a.m. to noon
Thursday, April 24, Beaumont Hospital,
Wilson Cancer Resource Center,
ground floor, Suite 612, 44201
Dequindre, Troy. No charge, call (248)
964-3430 to register.
Avoid a stroke
Lifeline Screening will be at Our
Shepherd Lutheran Church 9 a.m.

Get fit and help raise funds for a leukemia cure

The Leukemia & Lymphoma Society's Team in
Training program is the largest endurance sports
training program in the world. It offers runners,
walkers, cyclists, in-line skaters and triathletes of
all levels the opportunity to compete in
marathons, half-marathons, century rides, road
skates and triathlons.
Participants fund raise to support the event to
help the Society achieve its mission to cure
leukemia, lymphoma, Hodgkin's disease and
myeloma. In return, our certified coaches provide
a training schedule, group training and clinics on
everything from stretching and injury prevention
to nutrition and shoe selection.

After the fund-raising and training is complete,
the Society covers airfare (for out-of-state events),
accommodations, event entry fees, and hosts pre-
and post-event parties to celebrate your accom-
plishments.
This season's events include:
■ "World's Largest Triathlon" in Chicago on
Aug. 24
■ "Rock 'N' Roll 1/2 Marathon" in Virginia
Beach, Va. on Aug. 31
■ "Seacoast Century Ride" in Hampton Beach,
NH on Sept. 20

■ "Athens-to-Atlanta In-Line Skate" in Atlanta,
Ga. on Sept. 28
■ "The Detroit Free Press Marathon & Relay" in
Detroit, Mich. on Oct. 5
■ "Dublin Marathon" in Dublin, Ireland, on
October 27.

For more information, attend one of the follow-
ing free, no-obligation information meetings:
■ 6:30 p.m. Tuesday, April 22, Holiday Inn,
N. Campus, 3800 Plymouth Road, Ann Arbor
■ 6:30 p.m. Wednesday, April 23, KLM Bike
& Fitness, 2680 S. Rochester Road, Rochester
■ 6:30 p.m. Thursday, April 24, Royal Oak
Community Center, 3500 Marais, Royal Oak
■ 6:30 p.m. Monday, April 28, Running Fit
Store, 6919 Orchard Lake Road, West
Bloomfield
■ 6:30 p.m. Tuesday, April 29, Troy Marriott,
200 West Big Beaver, Troy
■ 6:30 p.m. Thursday, May 1, Dick's Sporting
Goods, 45230 Northpointe Blvd., Ulia
■ 9 a.m. Saturday, May 3, Running Fit
Store, 17783 Haggerty Road, Northville
Join the team by calling the Michigan
Chapter of The Leukemia & Lymphoma
Society's Team in Training at (800) 456-5413

Detroit, Thursday, May 15 at the
Masonic Temple in Detroit.
Benefactor \$500, and patron \$250
tickets include a 6:30 p.m. pre-glow
reception with LaBelle. Call Gilda's
Club, (248) 577-0800, Ext. 18. Tickets
for the 7:30 p.m. program and perfor-
mance are \$100 and available at
Ticketmaster outlets, (248) 645-
6666 or www.ticketmaster.com

ONGOING

Project Healthy
Community health screening pro-
gram continues through Saturday,
May 10. Project-Health-O-Rama
offers free and low cost health
screening tests and services to any-
one who is at least 18. Call (866)
745-4958 10 a.m. to 3 p.m. Monday-
Friday for more information.

Self-help groups
Anyone seeking information on a
variety of self-help groups may call
the Michigan Self-Help Clearing
House toll-free at (877) 777-5556.

Blood Pressure Checks
Crittendon Hospital offers blood
pressure checks 9-11 a.m. on the
first Friday of each month in the
front lobby, 1101 W. University Drive
in Rochester, no charge.

Schizophrenics Anonymous
A self-help support group for people
with schizophrenia or related disor-
ders meets 7-9 p.m. every Friday at
St. John's Episcopal Church, 26998
Woodward Ave., Royal Oak. For more
information, call Laura (248) 737-
1956 or Nora (248) 548-4402.

Tremor Disorder Support
Shari Finsilver of Orchard Lake
leads a local support group for those
who suffer from Essential
Tremor, a debilitating and incurable
movement disorder. The group
meets 7-8:30 p.m. on the second
Thursday of the month at Temple
Israel, 5725 Walnut Lake Road, West
Bloomfield, and draws up to 40 par-
ticipants ranging in age from 10 to
80 at each meeting. For more infor-

mation, contact Finsilver at (248)
683-4138 or Finsilver@earthlink.net,
or visit www.tremorsupport.com. To
learn more about the International
Tremor Foundation, visit www.essen-
tialtremor.org or call toll-free (888)
381-3667.

Emotions Anonymous
A 12-step program for emotional
wellness and learning to live with
unsolved problems. For more infor-
mation, call (248) 652-5209, M-F 7-8
p.m. every Tuesday at Crittenton
Hospital, no charge.

Albuterol Products Available
The In Home Rx program makes
available breathing medications and
Nebulizers to patients who have
asthma, emphysema or COPD at no
cost if they qualify. Albuterol prod-
ucts are provided to those who are
troubled with severe breathing con-
ditions and need additional guide-
lines of the program. If you are an
oxygen user at home or have severe
problems with breathing, call (800)
344-5164 or visit
www.inhome.com for more infor-
mation. The Home Rx program's
main purpose is to develop public
awareness that there are assistance
options that allow those troubled by
severe breathing problems to
remain independent in their own
homes.

Spanish-speaking seniors
The Foster Grandparent Program of
Oakland County is seeking Spanish-
speaking people 60 and older to
help troubled and needy Hispanic
children. Foster grandparents are
asked to commit 20 hours a week.
They serve teen parents, children
who have been neglected and/or
abused, children with developmen-
tal disabilities, physically and/or
mentally impaired children and chil-
dren who are academically disad-
vantaged. Benefits include a small
stipend, supplemental accident and
liability insurance and mileage
reimbursement. If you're interested,
call Gladys at (248) 559-1147, Ext. 3107.

Friday, April 25, and Faith Baptist
Hospital, Royal Oak. No charge, call
(800) 633-7377 to register.

MAY

Wellness conference
Features an evening with Dr. Dean
Ornish, 7-9 p.m. Thursday, May 1, Troy
Marriott Hotel, Sponsored by
Crittendon Hospital. Tickets \$50
each, call (248) 652-5269.

Stroke prevention
Crittendon Hospital Medical Center's
Rehabilitation Unit will present a free
"Stroke Prevention" educational pro-
gram 2-4 p.m. Thursday, May 1 at the
hospital, 1101 W. University Dr.,
Rochester. Stroke is one of the
nation's leading causes of adult death
and disability. Surveys reveal that 38
percent of American adults age 50
and older do not know where stroke
occurs in the body and 19 percent are
unaware that there are ways to help
prevent a stroke. The program will
include a discussion on how to pre-
vent a stroke. There is no charge, but
pre-registration is required. Call (248)
652-5269.

Health Camp
May 11-18 near Grayling, Mich. Offers
stop smoking, nutrition, exercise,
weight and stress control seminars.
Cost \$425 per person, \$800 for mar-
ried couple. Call (248) 349-5683 or
(313) 531-2179 for more
information/brochure.

Prostate cancer support
Monthly support group for those with
prostate cancer meets the second
Tuesday of each month at Crittenton
Hospital. Upcoming dates are May 13,
June 10, and July 8. To register, or
for more information, call (248) 652-
5269.

Parents-to-be
"Before You Conceive," free class
7-9 p.m. Wednesday, May 14,
Crittendon Medical Center.
Includes a segment called "Ask an
Obstetrician," with a physician on
hand to answer your questions.
Pre-registration required, (248)
652-5269.

Gilda's Night Out
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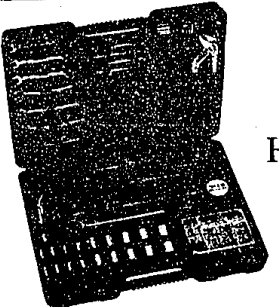
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Open a new personal checking account
and receive this
FREE gift!



Flagstar Bank
Giant
Handyman
Tool Kit
(\$75.00 value)

Open any new Flagstar personal checking account
and receive a Giant Handyman Tool kit when
direct deposit and auto-payment are established!



Table with 4 columns listing branch locations and phone numbers: Ann Arbor, Clinton Twp., Madison Heights, Troy, etc.

We'll meet you anywhere, anytime for a home loan.
(888) 7-LOAN-1518

MEMBER FDIC
*PRER. OFFER: Limited time offer while supplies last. Direct deposit and auto-payment must be established to receive gift. Receive the
Flagstar Bank Cash Handout. Total \$15.00 value. The first direct deposit has been made, and the first auto-payment has been
withdrawn. FLAGSTAR CHECKING ACCOUNTS: A minimum deposit is required to open a new checking account. Restrictions apply.

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NOBODY KNOWS YOUR LINCOLN OR MERCURY BETTER. NOBODY DOES IT BETTER ALL IN ONE STOP. Motorcraft BRAKE SERVICE DONE IN 2 HOURS OR LESS, OR RECEIVE A FREE OIL CHANGE ON US. \$89.95 OR LESS. 4 TIRES FOR \$99. WE'LL BEAT YOUR BEST DEAL on the name-brand tires we sell. PLUS A 30-DAY PRICE GUARANTEE! BUY NOW! LIMITED TIME QUALITY CARE EVENT! QUALITY CARE EVENT! Get 1477-890-8000 to find a participating dealer.

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