

Aerobic dance lessons begin with free class

Persons wishing to learn about aerobic dancing are invited to a free class at either 10 a.m. or 7:30 p.m. April 10, in Mercy Center's gym, on Eleven Mile and Middlebelt.

Kathy Gilleland leads the class, which introduces students to the physical fitness program through simple but vigorous dances choreographed for the non-dancer.

"It's fun, but it's also true aerobic fitness," says the instructor. "It promotes cardio-vascular endurance and well as tones the 750 skeletal muscles. It improves flexibility, balance, and coordination. It takes the place of jogging for the persons who hate to jog but know they should."

The fitness program was originated by Jacki Sorensen, who combined choreography and a knowledge of exercise physiology in a sequence of dances.

The spring 12-week class will follow the free demonstration on Wednesday, at 10 a.m. and 7:30 p.m. in Mercy Center's gym. Babysitting is available for those in the morning session only.

Mrs. Gilleland will take inquiries about her class by calling her at 477-0369.



KATHY GILLELAND

Cabill-Wingerter

Mrs. Delores Fisher, of Farmington, and Al Flonda, of Detroit, announce the engagement of their daughter Gaylene Sue Cabill to Gerald Alan Wingerter, of Milford.

The bride-elect and her fiancé are both graduates of Farmington High School. He is employed with Bon Ton Shoppe in Farmington.

A wedding is planned in the spring of 1979.



New clue to crib death is found

University of Michigan scientists believe they have a clue to the cause of crib death.

It appears to be a possible hypersensitivity reaction," evidenced by the presence of antibodies (IgG) in lung tissue of infants who had gone to sleep only to be discovered lifeless an hour or more later.

Medically described as Sudden Infant Death Syndrome (SIDS), its cause expires of unknown, non-accidental causes. The syndrome is

defined as the sudden death of any infant or young child, which is unexpected by the baby's history, and in which a thorough post-mortem examination fails to demonstrate an adequate cause.

Many infants die suddenly, unexpectedly, and shockingly from suffocation, brain injury, or swallowing a foreign object. They do not always succumb in their cribs, but sometimes fall from them, collapse while playing, or choke.

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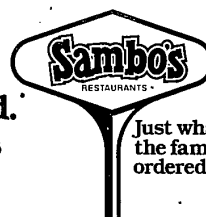
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