

# Panel of experts talk about physical fitness

Sinai Hospital Guild dedicates its October meeting to the dissemination of information to benefit the health of the community with an evening of physical fitness, open to all interested persons without charge.

"Rx for Physical Fitness," begins at 7:30 p.m. Thursday, Oct. 26, in Temple Beth El, Telegraph and Fourteen Mile, in Birmingham, with a panel of seven experts on the subject, moderated by Melvin Rubinfeld, who heads the hospital's section of cardiovascular diseases.

The panel will attempt to answer questions like: Is exercise good for everyone? What is good for you? Should you swim, walk, run, jog, bicycle, play tennis, golf, squash, racquetball, do calisthenics?

Panel member Kent Falb's most important responsibility to the Detroit Lions is seeing that the players are fit and ready for combat every week. He

is past president of the National Football League Trainers Association, and is involved in promoting and teaching the growing subject of sports medicine.

Panelist Dr. Joseph Honet is the recipient of a fellowship in physical medicine and rehabilitation at Mayo Clinic.

He is on the attending staffs of The Rehabilitation Institute, Mt. Carmel and Grace Hospitals, and currently holds professorships at Wayne State University School of Medicine and Mercy College.

DR. EARL RUDNER is known as an avid runner who served in the U.S. Army as a preventive medicine officer. He is a professor at Wayne State's College of Medicine, and on the staffs of William Beaumont, Detroit General, Children's, St. Joseph Mercy, Harper, Hutzel and Sinai Hospitals.

Panelist Adolfo Pamatmont is associated with Sinai Hospital as physician coordinator for the Cardiovascular Fitness and Rehabilitation Program.

Dr. William Saville is the former coordinator of Sinai Hospital rehabilitation program, and is now serving in the same capacity at Ford Motor Company.

THE ONE WOMAN on the panel is Sylvia Zukin who was consultant and advisor to the Michigan State Board of Physical Education for Elementary and Secondary Schools. She has been associate director of Jewish Community Center, Sinai Hospital, Wayne State's cardiovascular research program.

She has been an advisor for physical activity for Michigan Arthritis Foundation, and consultant to Michigan Heart Association.

Together they will zero in on exercise, stressing both its value and limitations for health.

The meeting will be chaired by the guild's newly elected president, Jean Shapiro. Plans for the meeting were made by a committee headed by Sinai Guild vice president and chairman of programming, Mrs. George Parzen, who will introduce the speakers.



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## Catholic Women's League plans 'Collectables sale'

A Collectables Sale will be held by the League of Catholic Women of Detroit on Saturday, Nov. 4 from 10 a.m.-4 p.m. at Casgrain Hall, 120 Parsons St., Detroit.

Fine used home furnishings, antiques, appliances and art objects will be on sale, with all proceeds scheduled to benefit the League's social service projects throughout the metropolitan Detroit area.

Boutique clothing from the four Bargain Counter resale shops operated by the League in Detroit, Dearborn, Berkeley and St. Clair Shores, will also be available.

Mrs. John Hanley of Detroit is chairwoman of the sale. Included on the committee are, Mrs. Robert Kilgore, Mrs. Joseph Vison, Mrs. Alfred Welton and Mrs. Terrence Kealing of Bloomfield. Also Mrs. Alex Motter of

Livonia, Mrs. Harold Mountain, Mrs. George Michaels and Mrs. Jere Gillette of Birmingham; Mrs. Timothy Cruise of West Bloomfield, and Mrs. Walter Murray of Southfield.

Founded in 1905, the League of Catholic Women of Detroit operates four social service agencies in Detroit. Burnt Human Services is a co-ordination of residential and counseling services for emotionally and/or socially disturbed adolescent girls. Casa Maria is a community center in the Tiger-town area which provides recreation, counseling, crafts and tutorial programs. Casgrain Hall is the eight-story League Headquarters which provides modestly priced residences for single men and women as well as community meeting and activities facilities. And, Project Transition is a total rehabilitation program for women offenders.

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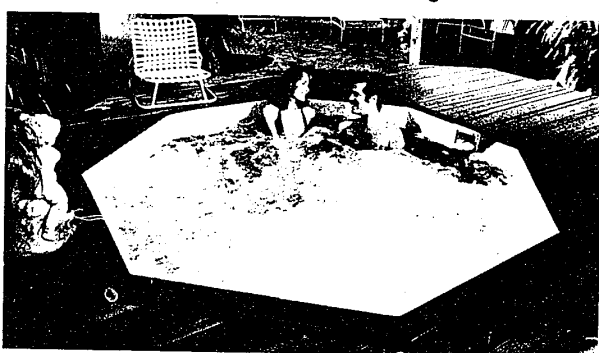
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