O&E Monday, March 21, 1983



Family nutrition is topic for lecture

Maxine Harlan will be the featured speaker at a "Pamily Nurilion Pro-farmington Hills Community Library, 32737 W. 12 Mile Road. Harlan, ar registered dieteian with the Oakland County Health Depart Harlan, ar registered dieteian with the Oakland County Health Depart ent, is a member of both American and Michigan Diabetic Association and theingant segistered dieteian with the Nutrilion Committee of the Michi-

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Fitness classes offered

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Haine Pawers. The First Woman of Filness:

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32760 Franklin Rd., Franklin 9-5 PM 851-7877

Three movement and exercise class-es are offered at the Farmington Com-munity Center for the spring session in March.

March. For those who want to lose inches ac-cumulated during the winter, the cen-ter introduces a new fitness program for adults. Aerobics, taught by Barbara Burgess, is exercise through dance de-signed to tone and strenghten the body.

Included in the classes, held twice weekly, are warm-up and stretching sessions prior to the aerobic exercises. Students will work at their own pace. The 16 sessions will begin at 1 p.m.

10-5 PM

Anach 22 and meet Tuesdays and Thuradays. The center continues to offer two classes designed not only for fliness but also relaxation and mental well-being the second second second second second through slow-motion repetitive move-ment to develoop body and mind con-trol for an enhanced feeling of stability and improved psychological status. Information on class registration is available by calling the center, 477-804, or in the center, 24705 Farming-ton Road.

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Elaine Powers invites you to take part in America's exciting, new exercise program



Harian. She will explain how to inter-pret the label language of processed loods ta her presentation. Handouts, bibliographies and nutri-tionally sound recipes will be made available at the program. There is no charge for program at-tendance. plains. "Labels are your best friends," says

Girlstown is topic

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Watren Hoover Eleven Center 26285 Hoover Road (313) 758-1177

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Appires to new weddings only CANNOT BE USED IN COMBINATION WITH ANY OTHER OFFER

Farmington Hills Junior Women's Guest for the evening is Tom McIn-Club Invites guests to its meeting at doe, director of Girlstown, who will 7:30 p.m. Wednesday in the home of show alides and talk about the workings Pam Monastiere, 225256 Middlebelt. of the home.

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Dinner in the afternooth March 23, 1 to 3:30 p.m. March 23, 1 to 3:30 p.m. We invite you to attend a delightful atternoon cooking demonstration with our own gourmat chef, 8bb Mounsey. Learn the secrets of preparing a fine five-course meal... all deloctable wonders for you to enjoy. Formal sealing will be arranged for your comfort. Billi of Fare

Individual Cheese Souffles Stuffed Roast Leg of Lamb Zucchini Barrels with Ratatouille Rice Timbales Hazelnut Crepes

Jacobson's Birmincham

Open Thursdays and Fridays until 9:00 p.m. We will validate your parking ticket.