



DEBORAH BOOKER

Alice Belfie, fitness consultant, has developed a program of common-sense exercises for people over 40 years old. Belfie teaches a variety of aerobics and Yoga at the Birmingham Community House and Southfield Civic Center.

Belfie has the answer for '40-plus generation'

YES, THERE'S AN answer for those in the 40-plus age generation who have experienced "fitness frustration." — people who have tried the pounding aerobic method to attain good physical and mental health and have fallen by the wayside because it was just too strenuous for them.

Fitness frustration often can compound the feeling of failure and produce the "I don't care anymore, nothing works for me anyway" syndrome.

Alice Belfie, fitness consultant, has

developed a program which promotes the common sense approach to exercise. This program helps both men and women achieve the following goals: feeling good about oneself, stress management, greater flexibility, staying power and weight loss, without the feeling of fatigue often produced by overly strenuous exertion.

BELIEVING THAT "successful aging is simply successful living," and

Please turn to Page 12

DYNAMIC + ENERGIE

Alice Belfie, M.A., Health & Fitness Consultant

Invites YOU to Consider a...

ONE-ON-ONE PERSONALIZED SHAPE-UP PROGRAM

PRIVATE EXERCISE COACHING
PERSONAL FITNESS ASSESSMENT & LIFESTYLE PLAN
FLEXIBILITY & ENDURANCE TESTING + EXERCISE TAPE
STRESS COACHING ALSO AVAILABLE

at MARY GLANCZ salon • 102 Pierce St., Birmingham

DIAL-A-SPECIALIST

CALL 642-6787

(Available MON., TUES., WED., THURS. from 1:00 to 6:00 P.M.)

THE MAPLE CLINIC, INC.

Is Proud to Announce that its
Adult and Child/Adolescent Psychiatric Treatment Programs
have been Awarded Accreditation by
The Joint Commission on Accreditation of Hospitals
Chicago, Illinois

The Birmingham Clinic is located at 950 East Maple Road

and its key staff includes:

Jay Van Zoeren, M.D., Medical Director
Susan K. Fish, MSW, ACSW, Unit Chief, Adult Services
Stephen P. Sonnenberg, MSW, ACSW, Unit Chief, Child/Adolescent Services
John H. Vanderlind, MSW, ACSW, Administrative Director

648-6659

Elaine Powers

FABULOUS FITNESS SALE!

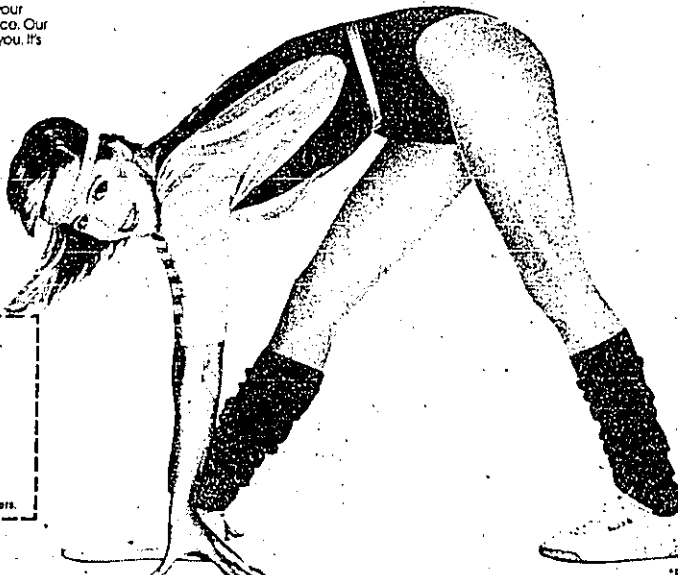
Here's your chance to shape up your body at an incredibly low sale price. Our Powerwise program can do it for you. It's a fitness breakthrough because it goes beyond Aerobics and dance type programs by giving you cardiovascular health plus a whole lot more including rapid inch and weight loss. We offer different programs to fit your individual needs. All of them are sensational workouts for beginners, intermediates or advanced. So call Elaine Powers now and take advantage of our special sale. It's a body shaper that could get you gorgeous in a hurry.

Unlimited Visits.

Bring in this coupon or call the Elaine Powers nearest you.

4 MONTHS
Only \$49

Good at all participating Elaine Powers.



ANN ARBOR • 663-5676
Westgate Shopping Ctr., 2409 West Stadium Blvd.

ANN ARBOR EAST • 572-2133
Kroger Center, 6567 Washtenaw

BIRMINGHAM • 645-0556
Village Knoll Shopping Ctr., 3610 W. Maple at Lohar

FARMINGTON HILLS • 553-2600
Orchard 12 Shopping Ctr., 27673 Orchard Ln. at 12 Mile

GRAND RIVER • 433-4200
13236 Grand River Ave.

GREEN B SHOPPING CENTER • 968-5470
21190 Greenfield Rd. at 8 Mile

*LIVONIA • 261-1560
18000 Middlebelt, between 8 and 6 Mile Rds.

MT. CLEMENS • 792-6210
National Shopping Ctr., 25457 Grandt

PONTIAC • 681-5010
North Oaks Plaza, 3436 Elizabeth Lake Rd.

ROSEVILLE • 775-4044
Holley Plaza, 23211 Grandt N. of 10

ROYAL OAK • 288-4370
Northwood Shopping Ctr., 13 Mile and Woodward

SOUTHGATE • 282-6181
Southgate Shopping Ctr., 13673 Eureka Rd.

STERLING HEIGHTS • 978-0444
40742 Van Dyke

TROY • 879-1003
Sonnet Plaza, 73 E. Long Lake Rd.

WARREN-MADISON HEIGHTS • 573-8340
23220 Dargodre Rd., 12 Mile next to Farmer Jack

WARREN-SCHOENHERR • 292-3933
Harvard Corners Shopping Center, 14 Mile/Schoenherr

WEST DEARBORN • 277-4000
22615 Michigan Ave., 1 Mile E. of Telegraph

WESTLAND • 326-7500
Birch 193 Shopping Ctr., 396 E. Harrison at Cherry Hill

YPSILANTI • 685-2900
Quest Village Shopping Ctr., 9023 Everitt Road

*Plus \$20 membership fee at Livonia location only