WOODLAND MEDICAL CENTERS

ADMISSION FREE SEMINARS
NOVI LOCATION Pre-Registration 855-3222

BREAST SELF-EXAM CLINIC Thursday, April 5, 7:30 p.m. COPING WITH STRESS Tuesday, April 10, 7:30 p.m.

PEDIATRIC DENTISTRY Thursday, April 19, 7:30 p.m.

DIABETES Thursday, April 26, 7:30 p.m.

CALENDAR of EVENT8

VITAL OPTIONS EXERCISE Begins: April 9 Mon. & Wed., 6 p.m. - 7 p.m. FEE 55.00

HEANTSAVER CPR
April 26, May 31 or June 28
6 p.m. - 9 p.m.
FEE '2.00
LAMAZE CHILDBIRTH PREPARATION
FEE '95,000 Weeks Ongoing
LAMAZE REFRESHER FEE '100
Mylinda Masket, R.N. 473.-127 LAMAZE REFRESHER FEE 10.00 Mylinda Maskell, R.N. 478-1171

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ADOLESCENT & INFANT CPR 6 p.m. - 7 p.m. FEE 2.00

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Future health: A big payoff?

IS NONSURGICAL DELIVERY POSSIBLE AFTER A CESAREAN? Thursday, May 3, 7:30 p.m. MAGINE: to 1958. You shar the The year to 1958. You shar the The year to 1958. You shar the granulation, you do the office but at the gymnastium. You begin by running laps, then playing basketball and pumping tron, followed by a quick of your to the population asyn at week's end, noting your improvement on a detailed chart. "You've cardy yourself an extra hundred bucks." That would put a smile on your face as you hand for work, wouldn't it! HIGH BLOOD PRESSURE Thursday, May 10, 7:30 p.m.

FOOT CARE FOR THE ARTHRITIC Thursday, May 17, 7:30 p.m. ORTHODONTICS TODAY Thursday, May 24, 7:30 p.m.

COSMETIC SURGERY - IS IT FOR YOU? Thursday, May 31, 7:30 p.m.

IT MAY NOT be so farfetched. In 10 years, we may all be a sort of "professional" athlete. Our pay would not be based on our performance in front of throngs of fans, but on our performance on the sports by science that the world by paying us?

physician's chart. Who would be paying physician's chart. Who would be paying and the physician of the physi

Guides for good health

When they're not, they develop certain physical and mental problems," he said.

when they're not, they' develop certain by physical and merali problems, "he said.

STRANSKY'S DEPARTMENT is basely designed for a two-fold purpose. The said of t

ed the program into five parts:

© Exercise

© Exercise

Nutrition;
Substance abuse;
Multiple of the substance of the substan

- yet all five need attention in maintaining a good health profile.

yet all five need attention in male-jarianing a good health prefile.

"WHAT PEOPLE are looking for,"
strankly explained, "is an optional pro-ferancy explained, "is an optional pro-tention," and the strangle of the con-lection. The strangle of the con-lection of the con-servation of the con-tention of the con-lection of the con-plection of the con-lection of the con-tening of the con-tening of the con-lection of the con-lection of the con-lection of the con-tening of the con-tening of the con-lection of the con-tening of the con-ten

struction is scheduled to begin this spring, gring, gring,

educational areas, a pool and an excretica area.

BUT WILL SUCH a structure slways
have a use? Will exercise follow the
path of 'fadd' and lose interest among
"The changes that occur will be in
types of exercise," Strandy said. "The
benefits (of exercise) have been promotive the past 10 years to be too greatmost one of the past 10 years to be too great.
"Zeconomically, it makes sense to promote (exercise). And I can see the day
when insurance companies start promote (exercise). And I can see the day
when insurance companies start proforms," eventually of the lower towill everyone becoming a professional,
will everyone becoming a professional
antible dept jaid off in lower beath
perminants" It's possible. As Strandy
destructions are the pro-

Thursday, April 5, 1984

Nuith Foods

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Programs Set Up

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Dr. Stransky's outline for maintaining good health

vegetarian. You should eliminate animal fat, because it's related to the two biggest problems — cancer and heard disorders." Sall and uspar consumption also need to be curtilled.

"We've focused in on vitamin and mineral delicionicle, but those are not problems in this country. Fat is the culprit in calories in this country, he said.

Substance Abuse: Nicotine, caffeine and alcohol cause anxiety and depression.
 You have to try to evoid highs and lows, if you go up, you have to go low."

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by Jud Steppard Mosell Cisc.

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