

Weight loss program explores client's relationship to food

A weight loss program Natalie Rice describes as "very well grounded in reality" is based on the belief that dieting is not an effective way to lose weight and keep it off.

"Changing what we eat does not change why we eat. To do so without the other will only work temporarily," said Rice, who directs a program offered in Humanistic Resources.

"It's a matter of learning your own relationship to food," she said. "Exploring the emotional reasons for overeating or eating undesirable foods."

Rice said the relatively new weight loss program was devised because of "the deplorable success rate" dieters are experiencing, whether it is a nutritionally approved diet, a fad diet, or hypnosis.

"Only one out of 200 are successful at losing weight and keeping it off," she said. "This is because dieting contrib-

Health camp planned

Dr. Arthur Weaver, professor of surgery at Wayne State University and the director of Better Living Seminars, a non-profit health-related organization, will host the seminar's annual Health Camp May 13-17 at Ranch AuSable in Grayling.

In a scenic 900-acre setting, programs to be offered include a Live-In Stop-Smoking Clinic, Weight Control Seminar, Stress Management Seminar and Creative Cooking Without Meat classes.

Other activities include canoeing, horseback riding, exercise classes, bird watching, ceramics, nature trails, health and lifestyle counseling.

"Good health," said Dr. Weaver, "is more than the absence of discernible disease. Good health is a positive attitude and feeling of well being in the physical, mental, social and spiritual dimensions of life. It includes creativeness, enthusiasm about life and a vibrant and active lifestyle."

The complete cost for eight days at the health camp is \$275 per person or \$470 per couple. For information, call 459-0894.

Judge will address club

The Farmington Men's Club will meet at noon Thursday, May 17, in Farmington Community Center, 24705 Farmington Road. The event is open to all men in the area.

May's guest speaker is Judge Margaret G. Schaeffer, 47th District Court, Farmington and Farmington Hills. She is a member of the American Bar Association, the National Association of Women Lawyers, and the Oakland County District Judges Association.

Schaeffer is a former member of the board of directors, Farmington Community Center and a past member of City of Farmington Hills Council.

A named gift was given in her honor by the Farmington Branch of the American Association of University Women to its Education Foundation Fellowship Program in recognition of her significant service to the Farmington community.

Reservations for the men's club lunch are \$4 and should be made at least 48 hours in advance in the center or by calling 477-8104. All men interested in playing cards prior to each meeting are invited to play from 9:30-11:30 a.m. at the center.



Judge Margaret Schaeffer

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