

Hospital offers parents' classes

Providence Hospital in Southfield has developed a free program for new as well as experienced parents. The program is designed to help parents cope with the adjustments families must make when children are born.

The "Make Room for Baby" program covers the following areas:

- Smooth transitions when it's time to go back to work;
- Getting fathers into the act;
- Choosing baby sitters;
- Infant nutrition, emergency coping techniques, growth and development.

- Keeping in shape for mothers;
- Postpartum problems for mothers;
- Maintaining or restoring marital relationships;
- Family planning.

Classes are 10-11:30 a.m. the first four Thursdays of every month in the Providence Medical Building. They are open to all new parents, regardless of where the baby was delivered. For additional information, call 424-3153 or 424-3212.

The hospital is at 16001 W. Nine Mile, Southfield.

Bible school begins

Grace Chapel of Farmington Hills will hold its first full week of vacation Bible school 9:30 a.m. to 12:30 p.m. July 8-12 at the William Tyndale College campus, 12 Mile and Drake roads. Registration will begin at 9 a.m. Monday, July 8. The Bible school is for youngsters age 4 through the eighth grade.

Activities will include recreation, crafts, Bible lessons, music and snacks. The theme is "In the Master's Footsteps." For additional information, call the church office at 474-0151.

Woman is appointed

The Arthritis Foundation, Michigan Chapter, has announced the appointment of Wendy Rose to the position of special events director. Rose will be responsible for implementation of public fund-raising events on behalf of the Arthritis Foundation. The Arthritis Foundation is an agency of the United Way.

Program planned for parents-to-be

The Oakland County Health Division will offer a series of six expectant parent classes. Classes will be 7:30-9:30 p.m. beginning Wednesday, July 24, in the Southfield office of the Health Division, 27725 Greenfield Road, Southfield.

Classes will be taught by public health nurses. There is no charge for attending the series of classes, but pre-registration is requested, as enrollment is limited.

Topics will include maternal physical changes, good nutrition, growth and development of the fetus and the baby, labor and delivery, infant care and parenting.

The Health Division advises that enrollment be made early in the pregnancy. To register, call (313) 658-1280 or 424-7101.

Discounts for youth offered

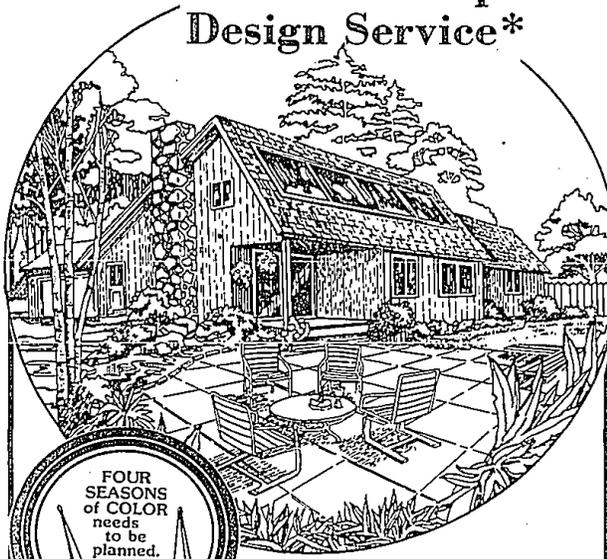
Families with children are invited to take advantage of St. Mary Hospital Family Medical Center's discounted rates during the entire month of July. Appointments can be made now for physicals which may be needed for camp, sports or school.

Special rates apply to a physical examination, immunizations and completion of health forms and health history.

The center is at 19335 Merriman, one block north of Seven Mile, Livonia. For an appointment, call 474-2910, any time after 8 a.m. Monday through Saturday.

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