Ambience, exercise count in weight loss

The concept works with 'having a hand to hold,' said Lisa Lis, director of sortented and we don't believe in adaptery. Lis said. 'Yellow to home to not not be to have to have

"We believe in easing into it with exercises such as low impact aero-bies. Our approach is group support, a food plan, a self-management plan

and a personal exercise program.
This leads to a lifetime of healthy.

come from all walks of life to lose weight in a non-threatening comperious with "skimpy women in leotards".

That's the word from Hannan Liss executive vice president of Weight Watchers Resorts and Spas head-quartered in Southfield.

That's the word from Hannan Liss programs to maintain integrity, Lis executive vice president of Weight Watchers Resorts and Spas head-quartered in Southfield.

This word from the following the same structured programs to maintain integrity, Lis was the same structured for the following the same structured for the same str

"You can exercise or relax, have fun and learn the program. We don't stress quick weight loss because that means quick weight gain."

Spa directors teach resort patrons a way of life they can live with. Lis

said. The length of stay varies from a week to as long as one wishes. But two weeks is the recommended minimum.

A PROFESSIONAL woman said

WEIGHT WATCHERS cat in a separate dining room. Meals are de-vised in the kitchen of the spa food advisor. Swimming, sailing, tennis and other activities are part of every day.

"Night time activities may include a talk by a nutritionist, a belly dancer, lessons on self defense, mov-ies or an ethnic gala such as a Hawaman hau with a 'legal' pina co-lada." Mrs. Lis said.

Many participants aren't mem-bers of Weight Watchers. But some say they plan to join when they get home, she said.

A satisfied customer who went to the Michigan resort said she lost weight and inches and is really

A PROFESSIONAL woman said she lost seven pounds in a week and felt rested and healthy.

"Attending a Weight Watcher's re-sort gets me on target for sensible eating the rest of the year," she said.

"Meeting new people is great and my visit helped me consciously think about my health and me. I feel reju-cenated"

Two weeks at the Michlgan resort was a graduation present to a young woman who said she was out of shape. 40 pounds overweight and exhausted. She tost 10 pounds and eight inches and was ready to continue her new, healthier eating habits, she said.

"Thanks for lending your hands to put me back on the scale," another happy loser wrote."



Hannan Lis, executive vice president of Weight Watchers Resorts and Spas, talks above the assistance dieters get in the program that does not stres, quick weight loss.

retirement memos

Margaret Miller

Picture-perfect couple star in active summer

lives always have included ongoing interest in drama and community theater. This sentimer though the e has been too much activity for acting in their lives. Annough both are in their lives and VerleeMaries heart isn't string tier presently traveled in the West, Ceast for the weeding if a grandson. And now they reging back it California because a second grandson so getting married He sair it just whilm the the same without them. But were feeling well and they had a great time in the first true so tiery second. Why not and that had a great time in the first true so they needed. Why not and that had had so not all In between they entertained an actor and professor son with home-favorite meals. Secause, Verle-Olarie explained. Then there's their own folls weeding anniversary, coming up in October but already given at least one advance celebration.

JOE AND I met this amazing couple soon after we came to Florida. We learned that Verle-Marie, as a small child, had been neighbor and friend of poet James Whitcomb Riley. That sounded like a good free-lance article possibility, so we called them.

The story about the little girl and "Mr. Riley" never did get published, but the interview led to a friendship

BICK AND Verle-Marie are about as preference a retired couple as you could find in fact, they we starred in a couple of television starred in a couple of television ment life in Stansota. These bits of acting were nothing the mental stansota from their between the stansota to them. Their eventful lives always have included orgoing interest in drama and community theater, each mark a common theater. This summer though the has been too much activity for acting in their six and Verle-Marie's beart isn't string true; recently traveled to the string true.

post friend

AND JUST RECENTLY we've beard mires about their 60th anniversary full fairly rate in that commonity of many long-like minaring and the feet. If Verbending of many long-like minaring many long-like me minaring and the feet will be feet. If Verbending explained using week minaring the followers as students at 10th Normer's University and industrie of in October because they wenter it go it in the stood, a non-monoming exerts on their noneymoon. Their farmly gave them at early exception when it gathered for one early-summer weeding. Dury wrote and old as he does for all major consistend and predictives and friends. The betting it that bell have another betting it that bell have another heads with an observed of Floring friends with them well. He are Verleichderte have mind to delevate.

Margaret Miller was Suburban Life editor for Coverner Newspa-pers for 16 years. She are ner husband. Joe. have retired to Florida, where she unites Retires ment Memos.

Down slope shows a down spirit

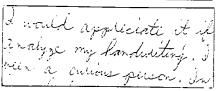
Dear Mrs. Green
I would appreciate at if you would
analyze my handwriting. I have always been a curious pecson. In the
past, I have had my cards read and
my horoscope charted. Now I would
be interested in your findings.
Thank you

M.M. Livonia

M.M. Livonia

M.M. Livonia
Dear M.M.
A young woman who would like to relate smoothly as she interacts with hopople is seen in the total picture of your legible handwrining. Often you speak with tack and have a way of calming irroubled waters. Your generous nature is ever ready to extend the hand of friendship. In your close friendships you are rather selective. Those who share similar interest probably hold the most appeal.
I have it think something is amiss at this time? You thave the ability is regaring your daily life gute successfully. Hiwever, there is an inconsistently.

graphology Lorene Green



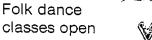
unate amount of irritation in your feeling some pressure from someone currented right at your, dots that slash straight down. You also seem to be

YOUR LEFT margin speaks of

your control. The right margin sug-gests your concern with something in the future.

gests your concern with something in the future. The lines of handwriting that slope downward tell of spirits that are also down. Without seeing handwriting down the futures, I am unable to accertain it his is temporary or a daily pattern with the secretain of this is temporary or a daily pattern wave of appearances and seem to have quite an interest in clothes. Your mind is logical, it is also receptive to the wideas and concepts. Currently you are beginning to accept responsibility that will enhance your self-esteem.

your self-estem. Readers may have their handsming analyzed by Lorene C Green, a certified graphologist, white to he as 3021 Schoolcraft, strong 48100 Please use a full field of winte unlined paper minip in the first person singuist. Age knadedness and signature at all heightl. Feedback is all abstactione.



Front Centermal Dathers of Promotion where are spondored by Front National Adhards Dogs No. 1046 Feb. box stamp reservation for fall enrounteen. The statem will ask the canner of their Profine as well as the canner of their Profine American account of their Profine American security will be the profined as the canner of their Profined American security which are bively policial and opened.

Appart and topered.

Appart this year there will be a special, boys group and a preschool ties. The Gauters will be taught by teachers Gail Chin Wilemin and Marry Park.

The distours while performing at many letter their intropping to southeastern Montgain that summer. For more information and or reservations of Voter Petry at \$51,4016 or Chris Othewer at \$53,5656.



RVB Ritterstone and lits of lemin color a serfumeistained Gresser Rejeat of receiving food and ends challpear fast when limit to how set (one res & Electric Lars Set Al





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