

medical briefs/helpline

EMOTIONS ANONYMOUS

Emotions Anonymous meets 7:30-9 p.m. Wednesdays in Room 5 of the Garden City Health and Education Center, 6701 Harrison. The group offers self-help recovery from emotional stress and illness.

ALZHEIMER CLUB

The Alzheimer Club, a support group for those caring for people suffering from Alzheimer's or related diseases, will meet at 10 a.m. Tuesday, Sept. 2, in the Livonia Senior Center, 15218 Farmington. For more information, call 522-2710.

BREATHERS CLUB

The Breathers Club, a support group for chronic lung disease patients, will meet at 4 p.m. Wednesday, Sept. 3, in the Second Floor Conference Room 1 of Ann Arbor Hospital, 33155 Ann Arbor. Wayne, Janet Harvie will show the film "You Can't Give Up," designed to help lung disease victims cope with everyday living. The support group is sponsored by the American Lung Association of Southeast Michigan. For more information, call the association at 961-1697.

ILEITIS AND COLITIS

An open education meeting, "What's New in the Surgery of Ulcerative Colitis and Crohn's Disease," will be at 8 p.m. Friday, Sept.

5, at the Novi Hilton Hotel, 1-275 at Haggerty, Novi. The guest speakers will be Dr. Norman Sobn, clinical assistant professor of surgery at New York Medical College and associate surgeon at Lenox Hill Hospital in New York City, and Dr. Jason Bodin, chairman of the Michigan chapter of the National Foundation for Ileitis and Colitis Inc., clinical assistant professor of surgery at Wayne State University and director of surgical education at Mount Carmel Mercy Hospital. For more information, call the NFIC office at 424-8656.

SUBSTANCE ABUSE

Parents can learn how to recognize the signs of alcohol and drug abuse by their children through a Brighton Hospital Community Education Program planned for Tuesday, Sept. 2. The free program will begin at 7 p.m. in the hospital chapel. The film "Sons and Daughters, Drugs and Booze" will be shown. Afterwards one of the hospital's counselors will answer audience questions.

The education series takes place the first Tuesday evening of each month. For a schedule of programs, call the hospital at 227-1211, Ext. 276.

COPING WITH CANCER

I Can Cope, a patient education

program for cancer patients and their families, will be offered at Ward Presbyterian Church in Livonia beginning Tuesday, Sept. 16. The program will be presented 7-9 p.m. on consecutive Tuesdays in the Calvin Room of the church, 17000 Farmington, Livonia.

The program's objective is to increase the patients' and their families' knowledge of the disease, to increase the patients' control of their lives and to decrease anxiety. Sponsored by the American Cancer Society, the program will include guest speakers discussing diet, medicine, and treatment. To register, call the church office, pastoral care, at 422-1826. There is no fee, but class size is limited.

PRENATAL CARE

Information on free and inexpensive prenatal care is available by calling 961-BABY.

LAMAZE

The Lamaze Childbirth Education Association of Livonia is offering a series of classes in August and September. Classes should be started two to three months before the baby's due date. Classes scheduled for Livonia will be: Mondays, Sept. 8 to Oct. 13, at Newburg United Methodist Church; Saturdays, Sept. 13 through Oct. 18, Holy Cross Lutheran Church; Wednesdays, Sept. 17 to Oct. 22, Faith Lutheran Church; and Tuesdays, Sept. 23 through Oct. 28, Family First Clinic.

Classes offer information about pregnancy, labor, delivery, a childbirth film, breathing techniques, relaxation exercises and comfort measures. The fee is \$40 per couple. For more information, call 522-8618.

CHILDBIRTH EDUCATION

The Plymouth Childbirth Education Association Inc. will have a seven-week Lamaze series at 7:30 p.m.

Tuesdays beginning Sept. 9 at Newburg United Methodist Church, 35509 Ann Arbor Trail, Livonia; a Caesarean orientation at 7:30 p.m. Monday, Sept. 8, at Newburg United Methodist; a two-week course for expectant couples on newborn care beginning Tuesday, Sept. 16, at Geneva United Presbyterian Church, 5835 Sheldon, Canton; a Lamaze orientation class at 7:30 p.m. Monday, Sept. 22, at the Newburg church; and a six-week prenatal exercise class beginning Wednesday, Sept. 10, at the Newburg church. For more information, call 459-7477.

HEALTH CRUISE

The Division of Cardiovascular Diseases of William Beaumont Hospital and Creative Travel Agency will offer a seven-day health-fitness

cruise in October. Cardiac Rehabilitation staff members from the hospital will accompany the cruise to provide regular exercise classes, informal lectures and health counseling. The cruise will leave Miami Saturday, Oct. 18. For more information, call Marilyn Yurich at Creative Travel at 423-2866.

POSTMASTECTOMY GROUP

Encore, the YWCA Postmastectomy Support Group, meets from 9 a.m. to noon every Thursday at the Forum Health Club in Westland. For more information, call Cynthia Nichols at 561-4110 or Sharon Morris at 922-7329.

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