Red Cross offers health classes

The American Red Cross, Southeastern Michigan Chapter, will offer a variety of health and safety education classes during October. Health and safety course offered include "Moltimedia Standard First Aldi" CPR." "Lowdown on High Blood Pressure," "How to Measure Blood Pressure," "Home Nursing," "Church Nursing," "Back Julyuy Reduction," "Parenting," and "Baby sitting." duction," "Parenting," and "Baby sitting."

The "Multimedia Standard First Aid" course uses described.

The "Multimedia Standard First Aid" course uses demonstration films, a program workbook, practice sessions, and is designed to be completed in one day. The cost is \$15.55 for books and materials. "CPR" training includes emergency techniques for both cardiac and choking victims. The cost of books and materials is \$15.60. Opened to adults diagnosed with high blood pressure and members of their families, "Lowdown on High Blood Pressure is an Obnor course that assists the hypertensive person

to control their blood pressure through medication and prescribed dietary changes. The cost of books and training supplies is \$47.55.

DESIGNED TO enable individuals to correctly measure blood pressure in adults, "How to Measure Blood Pressure" costs \$5, which covers books and training supplies.

The 18-hour course "Home Nursing" provides a wealth of practical skills and information including how to take pulse and blood pressure reading, deal with personal emergencies, recognize the symptoms of illness and keep a safe and healthy houghles is \$10.14, "Church Nursing" provides basic health care skills to ald the sick or injured in the church and community.

Among today's most common and

injured in the course.

Among today's most common and most debilitating kinds of injuries are those involving the back. The course "Back Injury Reduction" focuses on how the back works and in-

jury prevention.

Proper liftling techinques and the introduction of simple strength and flexibility secretises are among the topics covered in the course. This program is not designed to rehabilitate acute back problems. If there is any question about a person's ability to participate in this course because of a severe back problem, a doctor's written permission should be obtained. The cost is \$8.05.

THE NINE-BOUR course "Parenting" explores different approaches to raising children and focuses on nurturing and teaching. Topics covered include discipline and guidance, television viewing, language and intellectual development, and nutrition and beath. The cost of the course is \$4.16 for books and trails gaupplies.

course is \$4.16 for books and train-ing supplies.

"Baby sitting" teaches young peo-ple, ages 11 to 14, basic child care skills that include diapering, feeding and bathing infants and handling emergencies.

Students need skills. to match grade levels

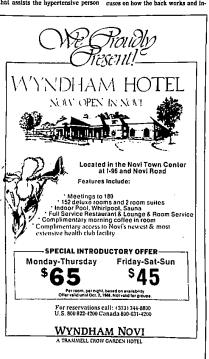
New clothes, clean meakers and a rain-proof bookbag aren't the only things children need to gready to go back to school. Those needs are obvious.

But all students need something more to be ready for the classroom this fall, says Vivienne Mawaring, head of the Huntington Learning Center in Farmington Hills.

"They need basic skills appropriate to their grade tevel," Vivienne said. "If they don't have them, they will be frustrated in school and may fall into a cycle of failure.

"Students who do poorly in school and may fall into a cycle of failure.

"Students who do poorly in school in the student's grades were; the said skills are tools, just limber and soldbooks; if they're the student's grades were; the said way to can be done, "Wivelens add on the said in the said of the said in the said of the



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