

# Check out hospitals to rein in bad habits

BY KEELY WYGONIK  
STAFF WRITER

Hospitals used to be places people went when they were sick. Now, they're also places where people go to avoid getting sick.

"We try to help people develop habits for a lifetime of good health," said Lisa Martin, a registered dietitian at St. Mary Hospital in Livonia.

Whether you're trying to lose weight or stop smoking, chances are pretty good you can find the help you need at an affordable price at your neighborhood hospital.

Here's a sampling of classes offered by Observerland hospitals:

■ **Botsford General Hospital**, at Eight Mile and Grand River in Farmington Hills, offers classes for all ages. Free blood pressure and vision screening are offered 1-4 p.m. on the second Monday of the month in the hospital's main lobby. Cholesterol screening is offered the third Monday of the month at Health Development Network in Novi. There's a \$5 fee. Call 810-477-6100.

Aerobic weight training for women, circuit training, E-Z yoga, fitness fun for the older adult who wants to move

from a sedentary lifestyle into a moderate exercise program, and kinetics, a light activity fitness program, are offered at the hospital's center for health improvement in Novi. Call 810-473-5600.

There are classes that help people learn how to stop smoking, keep their heart healthy and make lifestyle changes to cope with asthma, diabetes and arthritis. A positive living workshop offers prescriptions for relaxing, making transitions and burnout, and explores the magic of humor. Call 810-477-6100.

Kids 11 to 14 can learn basic first aid, what to do in an emergency, and child management techniques, in a three-session workshop for baby sitters offered on Saturdays. Call 810-477-6100.

For those expecting, there are childbirth, breastfeeding and sibling classes. Call 810-477-6100.

Couples can get help at pre-marital counseling, relationship empowerment and relationship survival. Call 810-537-1110.

Cooking demonstrations offer cre-

See CHECK, 7



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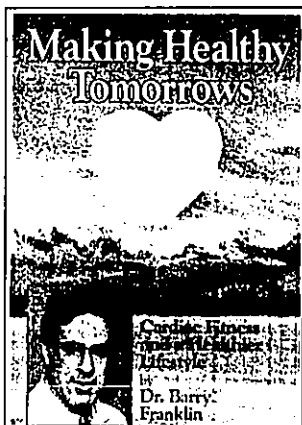
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