

Check from page 5

ative answers to everyone's favorite question: "What's for dinner?" Next on the menu Tuesday, March 22, are antioxidants, beta carotene and vitamins E and C. Call 477-6100 to register. ■ Garden City Hospital, at 6245 Inkster, operates a health and education center next door at 6701 Harrison.

You can have your blood pressure checked for free noon to 2 p.m. the first Tuesday of every month in the hospital lobby. If you discover your blood pressure is too high, the hospital offers "Lowdown on High Blood Pressure," a class that will help you keep it under control. Call 313-458-4330.

A weight management class helps people 10 to 100 pounds overweight focus on healthy eating to win the battle of the bulge. Call 313-458-4330 for details. There also are support groups that can help dieters reach their goals. "Take Pounds Off Sensibly" meets 11:30 a.m. Wednesdays and 7 p.m. Thursdays. Call Marge, 313-474-4625, for details on the Wednesday session or Laura, 313-563-3365, for Thursday sessions. "Why Weight?," a support group for adults wanting to improve eating habits and lose weight, meets 7 p.m. Mondays. Call Kathy 313-721-6624.

■ St. Mary's Hospital, 36475 W. Five Mile, Livonia, offers blood pressure and cholesterol screening and a variety of classes. There's a \$7 fee for the

health screening; call 313-591-2922 to find out when the next one will be offered.

Smokers can kick the habit at classes 1:30-2:30 p.m. Mondays or 7-8 p.m. Thursdays beginning March 21. A CPR Adult Heart Saver class will be offered 6-10 p.m. Monday, March 14. A standard first aid class is scheduled 6-10 p.m. Tuesday and Wednesday, March 22-24.

Learn how to live with diabetes at afternoon and evening classes to be offered in April and May. An enter's choice low cholesterol class will meet on Mondays. For more information on these and other classes including weight loss, call 313-591-2922.

Nutrition clinics will help you understand and apply good dietary habits. Learn why diets won't work 7-8 p.m. Tuesday, March 15, and how stress affects your body's nutritional status 7-8 p.m. Tuesday, April 19. Nutrition issues for the 1990s woman, 7-8 p.m. Tuesday, May 17, will focus on nutrition and its role in health concerns facing women, including osteoporosis, energy, stress and PMS. The fee is \$8 per session \$12 a couple. Call 313-591-2983 for information.

Nutrition counseling is available by registered dietitians, who review your medical and diet history, assess your nutritional needs and provide education. The one-hour sessions are by ap-



BILL HANSEN

Stretching out: Elizabeth Starr of Novi relaxes her muscles during the E-Z Yoga class at the Botsford Center for Health Improvement in Novi.

pointment only — 313-591-2983. ■ Oakwood Hospital dietitians will demonstrate new low-fat recipes at the Oakwood Health Information Center at Fairlane Town Center in Dearborn 10

a.m. to noon Tuesdays, March 8 and 22. Call 313-593-4660. There's no charge or pre-registration. Fairlane is on Hubbard Drive at Michigan Avenue in Dearborn.

St. Mary and Beaumont...



partners for your good health

At St. Mary Hospital our first concern is to provide you with the best possible health care. To be here when you need us. So, we're making changes to offer you the latest technology, quality service and access to advanced medical specialists.

Change means progress. And, our recent affiliation with William Beaumont Hospital makes us a hospital with additional support from a highly respected institution.

Working together with Beaumont, St. Mary Hospital is enhancing many services important to the community. These include the new Maternity Center, expanded Emergency and Cancer Care programs and plans for a new Women's Center.

St. Mary and Beaumont...partners for your good health.

For information on St. Mary Hospital's services or for a Physician Referral call

464-WELL



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