

Botsford offers variety of courses for your health

Botsford General Hospital is sponsoring a number of programs. Here is a list:

■ **Sept. 21 — Cooking Demo:** "Healthy Mexican Fiesta." Learn to wrap up a nutritious Mexican meal at this idea-packed presentation. Samples and recipes will be included and a \$5 fee will be charged. The program begins at 7 p.m. at Botsford in Novi. For more information call 477-6100.

■ **Sept. 25 — Cholesterol Connection.** A five-session workshop taught by a registered dietitian teaches how to lower cholesterol the natural way by learning about fat, weight loss, grocery shopping and new nutrition labels. The program begins at 1 p.m. at Botsford in Novi. For more information call 477-6100.

■ **Sept. 26 — Someone's in the Kitchen with Dinah!** In this three-week course a Botsford dietitian specializing in diabetes dietary counseling, demonstrates how to add more vegetables and fruit to your diet, prepare great-tasting desserts and how to rescue your favorite main dishes. Samples, handouts and recipes are included in the program held Tuesday evenings from 7-9 p.m. through Oct. 10 at Botsford in Novi. A \$25 fee will be charged. For more information call 477-6100. Registration is required.

■ **Sept. 27 — Cardiac Support Group Lecture:** "Stress Reduction." Nurse Lynn Sackett is the featured speaker. The program is free at Botsford in Farmington Hills, Room 2-A. For more information call 471-8870.

■ **Sept. 28 — Cooking Demo:** "The Five Minute, Five Ingredient Healthy Gourmet." Chef Larry Jones demonstrates how to prepare quick and delicious gourmet dishes at Botsford in Novi. Samples and recipes will be included and a \$5 fee will be charged. Registration is required. For more information call 477-6100.

■ **Sept. 29 — Living with and Understanding Parkinson's.** An intensive, seven-week educational program which discusses all aspects of self-care and management. It will be held 1:30-3:30 p.m. at the Botsford in Novi. A \$40 fee will be charged. Registration is required. For more information call 477-6100.

■ **Sept. 30-Oct. 1 — Weekend Childbirth Class.** A great solution

for busy couples who don't have the time for six-week childbirth preparation classes. Learn how to prepare for the birth of your baby free from distraction. Lunches and program materials will be provided. The program is 9 a.m. to 6 p.m. Saturday and 9 a.m. to 1 p.m. Sunday, at Botsford in Novi. A \$150 fee for each couple will be charged and registration is required. For more information call 477-6100.

■ **A Life Is In Your Hands, CPR Classes:** Adult, Infant/Child. The sessions will be at Community EMS, 25400 Eight Mile Road in Southfield. A \$20 fee will be charged. For more information and to register, call (810) 356-3900, Ext. 255.

■ **Breast-Feeding Basics.** This workshop covers the how-tos and maintain successful breast-feeding as well as the answers to questions and concerns of women who are already breast-feeding. Classes are held at Botsford's Health

Development Network in Novi. For more information and to register, call (810) 477-6100.

■ **Caregivers Program/Caring for Dementia Patients** is a free program for individuals caring for adults with Alzheimer's disease or closed-head injuries, co-sponsored by Botsford's Geropsychiatric Services and the Detroit Area Chapter of the Alzheimer's Association. Topics covered include an overview of dementia, management of difficult behaviors and coping skills for caregivers.

The sessions are 6-7:30 p.m. on Monday evenings at Botsford General Hospital's Conference Room 2-East B, 28050 Grand River Ave. in Farmington Hills. For more information and to register, call (810) 471-8723.

■ **Car Seat Rental and Education Program.** Through this educational program you can rent an infant or toddler seat for your children at a modest cost. For more information and an appointment, call Botsford General Hospital's

Community Relations Department at (810) 442-7088.

■ **Childbirth Classes:** Celebrate the Event. A six-week childbirth preparation program is offered, as well as childbirth review classes. A \$45 fee will be charged and registration is required. Classes are held at Botsford's Health Development Network in Novi. For more information and to register, call (810) 477-6100.

■ **Cholesterol and Vision Screenings.** Total cholesterol screening by finger-stick method is held between 1-4 p.m. the third Monday of each month. A \$5 fee is charged. Screenings will be taken at Botsford Center for Health Improvement-Health Development Network, 39750 Grand River Ave., Novi. For more information, call (810) 477-6100.

■ **Diabetes and You.** This six-week class explores all areas of diabetes self-care. Registration and a fee are required; some information and an appointment, call Botsford General Hospital's

eral Hospital, Farmington Hills, and the Botsford Center for Health Improvement in Novi. For more information and to register, call (810) 477-6100.

■ **E-Z Yoga.** This six-week class enhances flexibility, strengthens muscles, improves breathing and promotes relaxation. The program is held at Botsford Center for Health Improvement, 39750 Grand River Ave. in Novi. A \$25-35 fee is charged. Day and evening classes are available. For more information and to register, call (810) 473-5600.

■ **Fitness Fun, Starting with Chairs.** The program, at Botsford Center for Health Improvement at 39750 Grand River Ave. in Novi, is geared toward the older adult who wants to move from a sedentary lifestyle into a moderate exercise program. The fee is \$25 and registration is required. For more information and to register, call (810) 473-5600.

■ **Free Blood Pressure and Vision Screenings** will be taken between

1-4 p.m. the second Monday of each month at Botsford General Hospital's lobby, 28050 Grand River Ave. in Farmington Hills on a drop-in basis. No reservations are needed. For more information, call 477-6100.

■ **Free Foot Screenings.** The program is offered to people of all ages every Tuesday, 9 a.m. to noon at Botsford General Hospital, Suite 203, North Professional Building, which is attached to the main hospital, 28050 Grand River Ave. in Farmington Hills. For more information, or to make an appointment, call (810) 473-1320, weekdays 9 a.m. to 6 p.m.

■ **Heart Disease Risk Reduction Programs** are offered to help modify risk factors associated with heart disease at Botsford General Hospital's Cardiac Center, 28050 Grand River Ave. in Farmington Hills. The fee is dependent on the level of programming. For more information, call (810) 471-8870.

See BOTSFORD, 23A

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