Botsford offers variety of courses for your health

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

Sept. 21 — Cooking Demo: "Healthy Moxican Fiesta." Learn to wrap up a nutritious Mexican meal at this idea-packed presentation Samples and recipes will

meal at this incer-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 417-6100.

• Sept. 25 — Cholesterol Connection. A five-seasion workshop taught by a registered dictitiant 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 Dinab! In this three-week course a Botsford dictitian specializing in diabetes dictary counseling, demonstrates how to add more vegetables and fruit to your dict, prepare greattasting desacrts 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 471-8370.

• Sept. 28 — Cooking Demo: "The Five Minute, Five Ingredient Healthy Gourmet." Chef Larry Janes demonstrates how to prepare quick and delicious gourmet dinhes at Botsford in Novi. As Sept. 29 — Living with and Understanding Parkinson's. An intensive, soven-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. Westwell of the program is free 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. Westwell of the 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

mation call 477-5100.

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

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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 am. to 6 p.m. Saturday, and 9 am. to 1 p.m. Sunday, at Botaford in Novi. A \$150 fee for each couple will be charged and registration is required. For more information call 477-6100.

3 A Life is In Your Hands, CPR Classes: Adult, Infant/Child. The seasions 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.

B Freast-Feeding Basics. This

3900, Ext. 285.

B Breast-Feeding Basics. This workshop covers the how-tes of breast-feeding: How to start 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 Botaford's Health

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

8 Caregivers Program/Caring for Dementia Patients is a free program for individuals carring 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. Topica covered include an overview of dementia, management of difficult behaviors and coping skills for caregivers.

The seasions are 67-30 p.m. on Monday ovenings at Botsford Room 2-East B, 2005 Grand River Ave. In Farmington Hills. For more information and to register, call (810) 471-8723.

© Car Seat Rental and Education

call (810) 471-8723.

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

B Unidoth's Classes: Celebrate
the Event. A six-week childbirth
preparation program is offered; well as childbirth roview classes.
A \$46 fee will be charged and regstartation is required. Classes are
held at Botsford's Health Development Network in Novi. Formore information and to register,
call (810) 477-6100.
B Cholesterol and Vision Screenings. Total cholesterol screening
by finger-sitck method is held between 1-4 p.m. the third Monday
of each month. A \$5 fee iccharged. Screenings will be taken
at Botsford Center for Health Improvement-Health Development
Network, 39750 Grand River Ave.
Novi. For more information, call
(310) 477-6100.
B Diabetes and You. This aix-

(810) 477-6100.

Diabotes and You. This alxweek class explores all areas of diabotes self-care. Registration and a fee are required; some insurances may cover class fee. Classes are held at Botsford Gen-

community Relations Department at (810) 442-7988.

© Childibith Classes: Celebrate the Event. A six-week childbith preparation program is offered, as well as childbirth proving classes. A 446 fee will be charged and rejutantion in required. Classes are held at Botsford's Health Development Network in Novi. For more information and to register, call (610) 477-6100.

© Cholesterol and Vision Screening. Total cholesterol screening by finger-stick method is held between 1-4 p.m. the third Monday (610) 473-6560.

(610) 473-6560.

(810) 473-5600.

■ Pitness Fun, Starting with Chairs. The program, at Botsford Center for Health Improvement at 39750 Grand River 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 Boteford General Hospital's lobby, 28060 Grand River in Farmington Hills on a drop-in basis. No reservations are needed. For more information, call 477-6100.

Me Free Foot Screenings. The program is offered to people of all ages overy Tuesday, 9 a.m. to noon at Boteford General Hospital, Suite 203, North Professional Building, which is attached to the mein hospital, 28050 Grand River. Ave. in Farmington Hills. For more information, or to make an appointment, call (810) 473-1220, weekdays 9 a.m. to 5 p.m.

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

See BOISFORD, 23A

See BOYSFORD, 23A







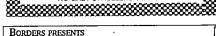
Month and Market





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Pet Supermarket

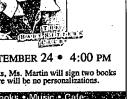


Ann M. Martin Author of The Baby-sitters Club



SUNDAY, SEPTEMBER 24 • 4:00 PM

Due to time constraints, Ms. Martin will sign two books per person. There will be no personalizations.





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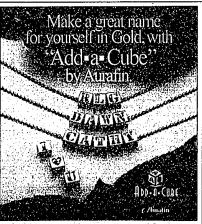
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