

Botsford offers variety of courses for your health

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

A Life in Your Hands, CPR Class: Adult, Infant/Child. The sessions will be at Community EMS, 26400 Eight Mile Road in Southfield. A \$20 fee will be charged. For more information and to register, call (810) 356-3900, Ext. 255.

Breastfeeding Basics. This workshop covers the how-tos 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 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 Geropsychiatry 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) 442-7986.

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 insurances may cover class fee. Classes are held at Botsford General 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) 477-6100.

Fitness 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) 477-6600.

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 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 5 p.m.

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

Intermediate Water Aerobics class is a 50-minute water exercise program for postnatal and post-physical therapy patients at Botsford Center for Health Improvement, 39750 Grand River

Ave. in Novi. The six-week course is \$35 and registration is required. For more information and to register, call (810) 473-6600.

Kinetics I & II offers light-activity to more strenuous fitness programs for those individuals with muscular-skeletal or endurance limitations that are producing difficulty with their daily living. The program is eight weeks. Registration and a \$60 fee is required. The program is held at Botsford Center for Health Improvement, 39750 Grand River Avenue in Novi. For more information and to register, call (810) 473-6600.

Nutrition for Two: Baby and You. Get your baby off to a healthy start. Register early in pregnancy. Classes are offered monthly. Registration and a \$10 fee are required. The program is held at Botsford's Health Development Network, 39750 Grand River Ave. in Novi. For more information and to register, call (810) 477-6100.

Nutritional Tune-Up. Need to get your diet in gear? How about a nutritional tune-up? Focusing on vegetarian, low-fat, low-cholesterol, or diabetic menus. A \$30 fee for individual consultation is charged. For information, call (810) 477-6100.

Powerstop. Want to stop smoking once and for all? Tried other programs and still can't quit? Here's the program for you! And you're in control — you set the quit date, and Botsford staff will provide you with the support you need to overcome the physical, psychological and emotional withdrawal issues. Learn about stress management and how to

successfully start a healthier, smoke-free life. This individual counseling program features a one-hour private consultation, workbook cassette tapes and five follow-up phone calls. A \$75 fee is charged and registration is required. For more information and to register, call 477-6100.

Prenatal counseling is offered in accordance with new state laws that require couples who are applying for a marriage license to receive counseling on the transmission and prevention of sexually transmitted diseases and AIDS. A physician will sign the certificate required. The counseling is at Botsford General Hospital, 28050 Grand River Ave. in Farmington Hills. For more information, call (810) 477-6100 or (313) 637-1110.

Sibling It's My Baby, Too! Children learn about new baby through videotapes, coloring books and role play. Classes are offered monthly. A \$10 fee is charged and registration is required. This program is held at Botsford's Health Development Network, 39750 Grand River Ave. in Novi. For more information and to register call 477-6100.

Adult Children of Alcoholics meets every Saturday, 7:30 Botsford General Hospital's Ziegler Center, Community Room, 28050 Grand River Ave. in Farmington Hills. For more information call 442-7986.

Alcoholics Anonymous meets at 7 p.m. every Sunday and at 8 p.m. every Tuesday in Botsford General Hospital's Ziegler Center, Community Room, 28050 Grand River. For more information call (810) 442-7986.

Alcoholics Anonymous meets at 8 p.m. every Thursday in Eastwood at Botsford Family Services, 26905 Grand River Ave. in Redford. For more information, call (313) 637-1110.

Alzheimer's Support Group meets the first Tuesday of every month at 7 p.m., Botsford Continuing Health Center, 21490 Archwood Circle in Farmington. For more information, call (810) 477-7400.

Amputees Support Group meets monthly at Botsford General Hospital, 3 South Rehab Activities Room, 28050 Grand River Ave., Farmington Hills. For more information, call (810) 471-8753.

Diabetes Support Group meets the third Thursday of every month at 7 p.m. at Botsford Center for Health Improvement — Health Development Network, 39750 Grand River in Novi. For more information call 477-7400.

Go-Fors Stroke Club meets the first Monday of every month at 6:15 p.m. at Botsford General Hospital, 3 South Activities Room, 28050 Grand River Ave. in Farmington Hills. Dates are subject to change. For more information call 471-8753.

Grief Support Group meets the second Wednesday monthly at 10 a.m. to noon at Botsford General Hospital's Ziegler Center, Classroom C, 28050 Grand River Ave. in Farmington Hills. For more information call 442-7986.

Michigan Head Injury Alliance meets 7:30-10 p.m. the second Thursday monthly at Botsford General Hospital's Ziegler Center, Community Room, 28050 Grand River in Farmington Hills. For more information call 442-7986.

Narcotics Anonymous meets monthly at 6:30 p.m. Mondays and at 6:30 p.m. every Saturday at Botsford General Hospital's Ziegler Center, 28050 Grand River in Farmington Hills. Meetings are also held every Wednesday at 6:30 p.m. at Eastwood at Botsford Family Services, 26905 Grand River Avenue in Redford. For more information call (313) 637-1100.

Nar Anon Family Support Group meets every Wednesday at 6:30 p.m. Eastwood at Botsford Family Services, 26905 Grand River Ave. in Redford. For more information call (313) 637-1110.

Overeaters Anonymous meets at 7 p.m. every Monday at Botsford General Hospital, 3 West Conference Room, 28050 Grand River Ave. in Farmington Hills. The group also meets every Friday at 7:30 p.m. at Botsford's Ziegler Center, Classroom C, 28050 Grand River Ave. in Farmington Hills. For more information call 442-7986.

Trichotillomania Support Group — for compulsive hair pullers — meets at various times. Call Bobbie at (313) 622-8907 for meeting dates and more information.

Tinnitus Hearing Support Group meets the first Tuesday monthly at 7 p.m. at Botsford General Hospital's Ziegler Center, Classroom C, 28050 Grand River Ave., Farmington. For more information call 442-7986.

Urinary Incontinence Support Group meets monthly at Botsford General Hospital's Ziegler Center, 28050 Grand River in Farmington Hills. For more information call 471-8661.



Find out what you can expect at our Great Expectations seminar November 4.

Introducing *Great Expectations*, a seminar for couples who are either thinking of having a baby or are expecting. The seminar prepares you with information on getting pregnant, life style changes which come with parenthood, how to choose a doctor and handling stress. Guest speakers include physicians, a maternal child health nurse and a financial planner.

Botsford's completely new Special Delivery Center has its own private entrance, waiting room/lobby and direct admission. Our specialized labor/delivery/recovery rooms allow you to stay comfortably in one room during childbirth with easy access to the latest technology.

Registration is required and limited. Call (810) 442-7986 for reservations today!

Special Delivery Center

We baby you and your baby, every step of the way.

28050 Grand River Avenue Farmington Hills, MI 48336-5922



**botsford
general
hospital**

Time to send holiday cards

Samples of holiday cards offered for sale by charitable organizations are already beginning to arrive in the offices of the Observer & Eccentric Newspapers.

Each year, starting in November, each of the five O&E offices invites readers to come in and look over a scrapbook we compile, showing the cards available.

If your nonprofit group is selling holiday cards to raise money, send us five samples of each card, which will be distributed to our offices in Birmingham, Rochester, Farmington, Livonia and Plymouth. Be sure to include information on how the cards may be ordered.

Deadline to receive cards and information is Thursday, Oct. 10, in order for your organization to be included in the scrapbooks, which will be placed in our offices Thursday, Nov. 2.

Cards can be mailed to Ethel Simmons, Suburban Life editor, The Eccentric Newspapers, 805 E. Maple, Birmingham 48009 or Sue Mason Community Life editor, The Observer Newspapers, 26251 Schooner, Livonia 48150.

For more information, call Simmons at (810) 901-2576 or Mason at (810) 963-2131.