#### HEALTH News

HEALTHY LIVING spotlights Oak-land County-related health and medical news and information. Write9 Healthy Living, Eccentric Newspappors, Birmingham Eccentric, 805 E. Maple, Birm-ingham 48009. Our fax number is (810) 644-1100.

Providence Hospital in South-field has an ongoing need for volunteers to assist patients and staff at its main campus and at its various medical centers' through its network. There is a special need at this time for indithrough its neworrs, and to a special need at this time for individuals interested in volunteering time during the weekend and weekday evening hours. The gift shop and information desks have a demand for volunteer staff. If you would like to volunteer or would like more information, call (810) 424-3300.

m speakers Bureau Providence Hospital ■ SPEAKERS BUREAU
Providence Hospital and Medical
Centers in Southfield now offer
a free speakers bureau to the
public. If you are tooking for a
speaker for your club or community organization, Providence
can arrange one for you through
the professional speakers
bureau. A number of healthspeaked topics you available or related topics are available or you may request a specific issue.

MUTRITION COUNSELING

Providence Hospital Medica Center based in Southfield Center based in Southfield offers nutrition counseling and dietary evaluations at its Outpatient Nutrition Counseling centers. After an initial visit to determine your health status and nutritional goals, participants meet with a dictitian earnowth to evaluate their current health status, nutritional and weight-loss goals. Follow-up visits will reinforce your diet plan and progress.

For information call (810) 424-3058. 3385 or (810) 424-3058.

3385 or (810) 424-3058.

WREATH SALE

Bets Sigma Phi's Preceptor
Alpha Lambda chapter will
sponsor its 10th annual green
sale to benefit The Rainbow Connection. To order a 24-inch plain,
fresh wreath (812) or a decorated
wreath (820) of the same size,
call (810) 783-9777 by Nov. 27.
The Rainbow Connection is a
Michigan-based group that fills
wishes of children with lifethreatening illnesses.

W VOLUNTEERS NEEDED

The Barbara Ann Karmanos Cancer Institute in Lathrup Village needs volunteers to han-dle various clerical jobs. Volun-teers are needed from 10 a.m.-4 p.m. Tuesday to Thursday to nanwer phones, type and do word processing. For informa-

tion, call Ivory Underwood at (810) 443-5320.

MINEMY CÁRE
William Beaumont Hospital in
Royal Dak will offer breastfeeding classes for expectant mothers and fathers, 7:10 p.m.
Wednesday, Dec. 4, at Beaumont, 44201 Dequindre, Classroom F. Troy, Moms interested
in breastfeeding are encouraged
to attend the class between their
34th and 38th week of pregnancy. The fee is \$20 for individuals
or couples. To register, call 1
(800) 633-7377. INFANT CARE

PREPARE FOR CHILDBIRTH

■ PREPARE FOR CHILDBIRTH
William Beaumont Hospital in
Royal Oak is offering childbirth
education refresher classes to
review labor and delivery, relaxation and breathing techniques
for expectant parents.
The refresher class runs from 710 p.m. Tuesday, Dec. 20, at
Beaumont, 4420 Dequindre,
Troy, or 7-10 p.m. Tuesday, Dec.
17, at Beaumont Rehabilitation
and Health Center, 746 Purdy,
Blirmingham. The fee is \$20. To
register, call 1 (\$00) 633-7377.

The Rainbow Connection is sponsoring its annual Christmas gift wrap Dec. 5-24 at Meadow Brook Hall, at Walton and Adams, in Rochester Hills. Gift

**HEALTHY LIVING** wrapping is available 1-9 p.m.
Monday to Thursday, 10 a.m. to
9 p.m. Friday and Saturday, and
11 a.m. to 5 p.m. Sunday. Volunteer wrappers will be on hand 10
a.m. to 5 p.m. Christmas Eve.
Gift wrapping prices are \$2 to \$8
and proceeds go to Rainbow Connection, a Michigan agency that
fulfills the wishes of children
with life-threatening diseases.
To help gift wrap, call (810) 7839777.

E KIDS PARTY
For the fifth year, The Rainbow
Connection will sponsor a
Christmas party for children in
treatment at William Beaumont
Hospital's Rose Cancer Clinic in Hospital's Rose Cancer Clinic in Royal Oak. Patients and their families are invited to celebrate 6-8 p.m. Wednesday, Dec. 11, at Holy Trinity Romanian Orthodox Church in Troy, North Shack Chicken, Stroh's and Pepsi will provide food.

■ SUPPORT GROUPS Providence Hospital and Medical Centers based in Southfield runs a variety of support groups open to the community. Breast Cancer Support Group meets at 10 a.m. the second Sat-urday of each month at Provi-dence Medical Center, Novi. Call (810) 424-5563. Headuche Support Group meets Headache Support Group meets at 7 p.m. the second Tuesday of

cach month at Providence in Southfield. Call (810) 647-0614. Kids Caring About Kids for children whose family members have been diagnosed with cancer meets from 3:00-430 pm. the third Wednesday of each months at Providence in Southfield. Call (810) 424-5543. Living With Loss, a barreavement group for those who've lost friends and family to cancer, meets Tuesdays at Providence in Southfield. Call (810) 425-543. Menopause Support Group meets at 7:30 pm. the first Tuesday of each month at Providence Andein Chenter, Novi. Call (810) 424-3348. Parents Supporting Purents for parents coping with the loss of an infant through miscarriage, stillbirth or newborn death meets at 7 pm. the third Monday of each month at Providence the control of the control of

Buvina Well Workshops
Botsford General Hospital in
Farmington Hillis is offering a
series of mind and body connection workshops to enhance the
quality of life. Stress management is offered Jan. 16 and 23. A
four-part positive living workshop will be Feb. 3, 10, 17 and
24. For information, call (810) 477-

Learn to "lighten up" during a special Valentine's Day work-shop aimed at those 50 and

shop named at those 50 and older. The workshop, Anger, Forgiveness and Health, will be at 12:30 p.m. Feb. 14 at Vladimir's Banquet Hall, Registration begins Jan. 30. For information call (810) 471-8020.

E PREPARE FOR BABY

To help children adjust to the role of high brother-big sister, William Beaumont Hospital in Royal Oak is offering "Big Brother-Big Sister" program for expectant parents and children. The program will run 9-10:30 a.m. or 11 a.m. to 12:30 p.m. Saturday, Dec. 4, at Beaumont's administration building, Classroom 3, 3601 W. 13 Mile, Royal Oak, or 1-230 p.m. at Beaumont Hospital, Classroom F. 44201 Dequindre, Troy. The fee is \$15 per family. To register, call 1 (800) 633-7377.

■ LEARN CPR

■ LEARN OFR
William Benumont Hospital in
Royal Oak is offering
infant/child CPR for parents and
grandparents of infants and
young children, 6:30-9:30 p.m. at
Beaument Hospital, 44201
Dequindre, Troy.
The fee is \$15. To register, call 1
(800) 633-7377.

#### Bereavement seminar Dec. 11

As part of its commitment to families, McCabe Funeral Home of Farmington Hills is spansoring "Coping with Grief During the Holidays," at 7 p.m. Thursday, Dec. 5 at the Canton Public Library, 1200 S. Canton Center Road. A second

seminar will be held Wednes-day, Dec. 11 at the Farmington Hills Public Library, 32737 W. 12 Mile. Cathy Clough, director of bereavement services at Arbor

bereavement services at Arbor Hospice, will facilitate the free seminar.

## Eyecare from page D5

\*\*Boundary Servention of the state's anly driving program for the visually impaired, helping countless patients regain their drivers' licenses and their independence.

\*\*D.O.G 's revolutionary Sexy

Specs campaign broke new mar-keting ground, sparking a change in the perception of

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