

ROTSFORD HOSPITAL HAPPENINGS

Botsford Hospital is presenting the following upcoming events:

■ "Depression & Anxiety," free talk 6:30 p.m. March 17 at Our Lady of Loretto, Berry-Ryan Hall, at Beech Daley and Six Mile in Redford. Nurse educator Laura Gervasi of Botsford Geropsychiatric Services will discuss symptoms of depression and anxiety and suggest ways to cope with these conditions. For more information call (313)534-9000.

■ "Comforting the Mentally Ill," free talk 2-4 p.m. Thursday, March 18 at North Congregational Church, 36520 12 Mile

between Drake and Halsted roads. Karmanos Cancer Institute chaplain Julie Webber will discuss how to console a dying person in comforting ways. For more information, call (248)948-1750.

■ "Breather's Club: Tai Chi to Improve Your Breathing," free talk 1 p.m. Thursday, March 18 at Botsford General Hospital's Ziegler Center, Classroom 2 East Classroom, 28050 Grand River. This monthly support class provides educational resources, emotional support and hope for those with lung diseases. Call (248)477-6100.

■ "Massage for Health," free demonstration 7 p.m. Thursday, March 18 at Botsford General Hospital's Ziegler Center, classroom 2 east, 28050 Grand River. Certified massage therapist Ginger Frig will discuss the many benefits of massage for cancer patients. For information, call (248)477-6100.

■ "Cooking with 10 of the healthiest foods," 7 p.m. Thursday, March 18 at Botsford's Health Development Network, 39750 Grand River, Novi. Chef Larry James will introduce participants to some surprisingly healthy ingredients and a variety of recipes in which to use them. Cost is \$9 and preregistration is required. For more information or to register, call (248)477-6100.

■ "Babysitting: Not Just Kid's Stuff," 9 a.m.-1 p.m. Saturday March 20 and 27 at Botsford's Health Development Network, 39750 Grand River, Novi. Cost is \$26 and preregistration is required. For more information or to register call (248)477-6100.

■ "Easy Easter Bunch," 7 p.m. Thursday, March 25 at Botsford's Health Development Network, 39750 Grand River, Novi. Chef Larry James will show participants how to pre-

pare a creative and delicious brunch that won't keep them in the kitchen all morning. Cost is \$5, prepayment is required. For more information or to register call (248)477-6100.

■ "Coping with Chronic Illness," 1:30-3:30 p.m. Friday, March 26 at Vladimir's Banquet Hall, 28126 Grand River in Farmington Hills. Medical psychiatrist and author Audrey Kron will discuss practical lifestyle changes to make day-to-day life easier when dealing with chronic illness. She will also bring copies of her book, "Meeting the Challenge: Living with Chronic Illness." Cost is \$3 and includes refreshments. For information or to register, call (248)471-8020.

■ Runner's Clinic, 9 a.m.-11 a.m. Saturday, March 27 at Botsford Total Rehabilitation & Athletic Conditioning Center, 39750 Grand River. Participants will learn ways to improve performance and avoid running-related injuries. Topics will include proper training, stretching exercises and the role of strength training in improving performance. Cost is \$10. Pre-registration and prepayment is required. For information call (248)473-6600.

■ Japanese mother and baby club, 1 p.m. Thursday, April 8 at Botsford's Health Development Network, 39750 Grand River, Novi. This monthly play group, designed for mothers with infants up to 18 months, provides a supportive environment where they can share concerns and engage in activities that strengthen the mother-baby bond. The program is facilitated by a nurse and a Japanese translator. Cost is a \$10 donation. For more information or to register call (248)477-6100.

■ "Lite Spring Forward Recipes," 7 p.m. Thursday, April 8 at Botsford's Health Development Network, 39750 Grand River, Novi. Participants will learn how to lighten their cooking with Chef Dean Rumsey and add delicious and nutritious spring recipes to their repertoire. Cost is \$6. For more information or to register, call (248)477-6100.

■ "Breathe Free, Stop Smoking," 7 p.m. Thursday, April 8 at Botsford's Health Development Network, 39750 Grand River, Novi. Dr. Arthur Weaver will present this program for people serious about wanting to stop smoking. For more information or to register call (248)477-6100.

■ "Living with and Understanding Parkinson's," 1 p.m. Monday, April 12. This comprehensive seven-week education program is for people with Parkinson's disease and their caregivers. Cost is \$40. Pre-registration and prepayment is required by calling (248)477-6100.

Township history reproduced

The old and the high-tech will be combined to produce a new history of the Farmington Hills City Hall. The original historical document has been reproduced using modern computer technology. The original document has been reproduced using modern computer technology. The original document has been reproduced using modern computer technology.

Colorful covers for the new publication show the rare 1825 Orange Hudson map of Michigan, which depicts the location of "Power's Settlement." Copies of the publication may be purchased at the Farmington Hills City Hall Treasurer's Office for \$10.




**The Easter Bunny**  
is coming to  
**Livonia Mall**

Join Pam Harris, our guest storyteller  
Saturday, March 20th at 11:00 a.m.  
for story hour. Afterwards your children can  
escort the Easter Bunny to the throne.

Next story hour: April 17th at 11:00 a.m.

Easter Bunny will be at Livonia Mall  
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You may qualify for a medication research study for migraines. All research related care and study medication is provided at no cost to those who qualify. You will be paid \$150 for your participation in this research. All medication is taken orally at home. If interested, please call for more information.

INSTITUTE FOR HEALTH STUDIES  
Robert J. Binkh, MD, Medical Director  
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FOR A FREE COPY OF OUR CATALOG VISIT OUR STORE OR CALL 1-800-213-6366.



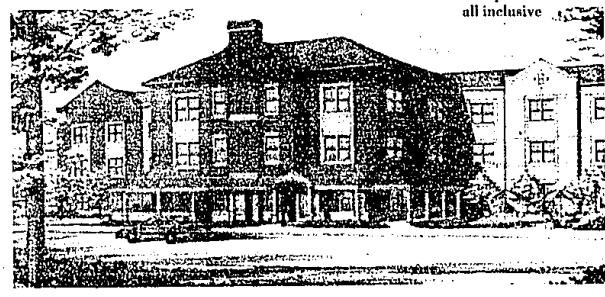
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