WW embraces 10-percent solution for good health

Did you do it again? Did you spend part of your New Year's few making out of sight unreasonable resolutions to lose weight, only to wake up and kave already broken them by 9 ann. New Year's Eay?

Florime Mark of Weight Watchave in Parentmen Util-

are already broken them by 9 ann. New Yoar's Dey?

Florine Mark of Weight Watchers in Parmington Hills has an idea. Let's all treats the resolutions this Annuary.

"In the long run, resolutions to lose weight don't work never have, never will." Mark said. Resolutions are busically hastily made promises to make sweeping changes in our already too being the said of the said of

trating on numbers on a scale that may seem far away and

Sculptor to speak at FAC

Redford artist Sergio DeGuisti, a renowned sculptor, will be guest speaker of the Farmington Artist Club at 7 p.m. Wednesday, Jan. 12, at the Farmington Hills branch library on 12 Mile Road.
The club meets the recond Wednesday of the month at the library and the meeting is open to anyone interested in the arts. DeGuist has taught art history at Wayne State University and sculpture at the Center for Creative Studies and the Birningham Bloomfield Art Center.
His work has been exhibited in such a state of the state of the

Bat Mitzvah planned

The Bat Mitzvab of Erin Lilton, daughter of Mauroen Lifton and Keith Lilton, will be celebrated Jan. 8 at Adat Shalom synagogue, 29901 Midebelt, Farmington Hills. Youngsters celebrating their brithday during the month of January will be called to the bimab.

Services are 5 p.m. Friday,

Services are 5 p.m. Friday, Saturday at 9 a.m. and 6 p.m., weekdays at 7:30 a.m. and 5 p.m. and Sundays at 8:30 a.m. Rabbi Daniel Nevins and Rabbi Herbert Voskowitz serve the congregation. Efry Spectre is rabbi emeritus. (ntor is Howard K. Glantz and Larry Vieder is cantor emeritus.

Auction success

Last month the Michigan Parkinson Foundation's 11th cannual benefit dinner and auction was a held at the home of board members Albert and Michigan Fecognition to family members and caregivers of those faced with the challenges of Parkinson's Disease.

Approximately 150 supporters at fended the event. Proceeds totalled the event was a considered by the MPF to help people of the provide care or those with Parkinson's disease. Such programs include medication assistance, adult day care, and support groups. For more information, please contact the MPF at (1-800) 862-9781.

BOOK EVENTS

BOOK EVENTS

Borders Farmington Hills will host a monthly Business Book Group from 7:30-8:30 p.m. Wednesday, Jan. 19. Hosted by Dee Dee Sung of Golden Mortgage, the book under discussion will be: Everything You Know About Money is Wrong; Overcome the financial myths keeping you from the life you want by Karen Ramsey. Sung is a local business development and literature expert.

Borders of Farmington Hills will host its monthly business mosting from 9-10 a.m. Thurdey, Jan. 13. The keynots speaker will be Daron Powers of The Powers Group Inc. Borders is at 30985 Orchard Labs Road. Call 137-0110.

Inc. Borders is at 30995 O. Lake Road. Call 737-0110.

overwholming to members, the emphasis will shift to losing just 10 percent of any given person's

10 percent of any given person's body weight.
"This is our way of staying focused on what's important in weight loss and ther's the way you look and feel," says Mark.
"That 10 percent loss makes all the difference in the world."
Research has shown that a 10 percent weight loss improves your heelth in a variety of ways from lower blood pressure to a better quality of life. Weight

Watchers offers the following tips to help your New Year be shanner and healthies:

boost your metabolism and reduce strees.

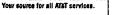
Aiways include veggies in your meal planning, they are a great source of vitamins, nutrients and minerals.

Remember the 10 percent difference. It desark take a lot of weight loss before you start feeling the difference.

Success breeds success.

Once you start feeling better, you can't help but keep it going.





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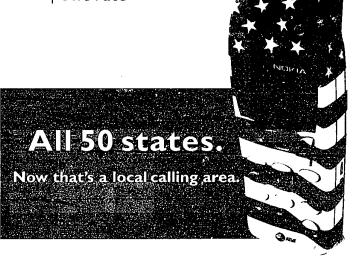
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