

# Datebook from page D4

A nurse facilitator provides opportunities for all to share their mutual concerns. Group meets on Feb. 10 in the Medical Office Building of Garden City Hospital, free of charge. Call 453-3311.

**HIV/AIDS SUPPORT GROUP**  
HIV/AIDS heterosexual support group and family is sponsored by Friends Alliance and meets the second and fourth Thursday of each month. Aldersgate United Methodist Church, 10000 Beech Daly, between Plymouth and W. Chicago in Redford. More information call Kathleen (800) 350-7927.

## MON, FEB. 14

**YOUNG MOTHER'S SUPPORT**  
The Young Mother's Assistance Program (Y-MAP) will host their December support group from 6-8 p.m. at Newburg United Methodist Church (35500 Ann Arbor Trail) in Livonia. For information call (734) 513-7598. Meetings are always held on the second Monday of each month. Y-MAP provides moms an opportunity to meet with other young parents and share feelings and experiences with each other. Speakers are invited to share topics of interest including positive parenting, substance abuse, job search, education and more. Child care is provided by licensed care givers at no charge. A light dinner and refreshments will also be available.

## TUE, FEB. 15

**MASSAGE II (THERAPEUTIC)**  
Beyond relaxation, learn specific methods of affecting the body. Techniques include reflexology, acupressure/shiatsu massage, and neuromuscular techniques. Class runs Tuesday, Feb. 15-March 7, from 6-9 p.m. Cost is \$150. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

## WED, FEB. 16

**BREATHER'S CLUB**  
A support group for persons

and/or families with respiratory problems. Meets at 7 p.m. in Classroom #3 of Garden City Hospital Medical Office Building and is free of charge. Call 458-3481 to register.

**DEPRESSION ON BLUES?**  
Although older adults may experience losses that can bring on the blues, clinical depression is not a "normal" part of aging. Geriatric specialist Chandra Sriyastava, M.D. discusses the causes and symptoms of depression and what can be done to treat it. Class runs from 1:30-2:30 p.m. Call (734) 398-8637. St. Joseph Mercy - Canton/Summit (Canton Summit on the Park), 45000 Summit Parkway, Canton.

**ADULT CPR**  
Three hour evening class conducted at 6 p.m. at Garden City Hospital, 6245 Inkster Road (between Ford/Warren Roads). Teaches one person rescue through a film, lecture, demonstration and return demonstration. Call 458-4330.

## THUR, FEB. 24

**CHILD BIRTH EDUCATION**  
A six week course providing information on pregnancy, labor, and delivery, newborn care and postpartum care. Weekend classes and a two-session refresher class are also available. Register early in pregnancy by calling (734) 458-4330.

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## WED, MARCH 1

**YOGA**  
A series of graceful, slow motion movements for increasing flexibility and tone, improving health and mental outlook. Good for relief from muscular tension and mental stress. Dress comfortable

and bring a mat. Your instructor is a certified fitness instructor and personal trainer with 16 years of teaching experience. Classes run from 6-7 p.m. and 7:15-8:15 p.m. March 1 - April 5. Cost is \$45 for 6 week class; drop-in rate per class is \$10. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

## TUE, MARCH 7

**FOOD AND MOOD**  
Learn how food can affect moods and how moods can affect food choices. Tips and guidelines provided to help with emotion-based eating. Call (734) 827-3777 to register. Class runs from 7-9:30 p.m.

## SAT, MARCH 11

**PUBERTY/GROWING UP**  
"A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up," provides both mothers and daughters ages 9-11 with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. Ann Arbor class from 1-5 p.m. Ann Arbor St. Joseph Mercy Hospital Canton Health Center, 1600 S. Canton Center Road. Call (734) 397-7557.

## WED, MARCH 13

**VEGETARIAN NUTRITION**  
Menu planning tips and resources for individuals of all ages who are already vegetarian and those who are leaning in that direction. Includes hands-on cooking demonstrations. Class runs from 4-5:30 p.m. at St. Joseph Mercy Hospital - Ann Arbor/Briarwood Mall Health Stop (620 Briarwood Circle). Call (734) 827-3777.

## TUE, MARCH 14

**MASSAGE III (BODYWORK)**  
Advanced techniques that provide long-term results. Techniques include strain-counter-

strain, trigger point therapy, myofascial release techniques. Class runs Tuesday, March 14-April 4, from 6-9 p.m. Cost is \$150. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

## THUR, MARCH 16

**BABY BUILDING**  
Learn the building blocks for healthy nutrition before and during pregnancy and during breastfeeding. Topics covered include the foods you should eat, rating your own diet, common food-related discomforts of pregnancy, hints for cooking and snacking and nutritious recipes. Class runs from 7-8:30 p.m. Ann Arbor/Briarwood Mall's Health Stop of St. Joseph Mercy Hospital, 620 Briarwood Circle. Call (734) 827-3777.

## SAT, MARCH 18

**PREGNANCY PLANNER**  
If you're thinking about having a baby or are newly pregnant, come to this pregnancy planning seminar. Presentations will cover a range of topics, including deciding if it is time to start a family, preparing for pregnancy, birthing options and parenthood realities. Optional tour of St. Joseph Mercy Family Birth Center. Class from 9 a.m. to 12:30 p.m. St. Joseph Mercy Hospital Education Center, 5301 E. Huron River Drive, Ann Arbor. Call (734) 712-3456.

## THUR, MARCH 23

**STRONG DAUGHTERS**  
Parents of pre-adolescent girls age 5 and up can develop practical strategies to help their daughter achieve and maintain high self-esteem. Learn strategies to counter limiting cultural stereotypes in this six-hour program. Calls runs from March 23 through April 13 from 7-8:30 p.m. at St. Joseph Mercy Canton Health Center - 1600 S. Canton Center Road. Call (734) 398-7557.

## SAT, MARCH 25

**GIRLS IN SPORTS**  
Even is for girls ages 11-18 who are active in sports, their parents and coaches. Learn ways to reduce girls' risk of bone, joint and muscle injuries while improving strength and flexibility. Don't miss a special talk by swimmer and Olympic gold medalist Annette Salmeen. Includes breakfast snack and lunch. Call to register. Program runs from 8:30 a.m. to 3:15 p.m. St. Joseph Mercy Hospital Education Center, 5301 E. Huron River Drive. Call (734) 712-3456.

## TUE, APRIL 11 & 18

**SHIATSU**  
Learn the traditional Japanese method of balancing body energy. Done on the floor over the clothing, this energizing treatment promotes health and well-being. Bring a mat and dress comfortably. Class runs Tuesday, April 11 and 18, from 6-9 p.m. Cost is \$75. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

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