

MEDICAL DATEBOOK

Items for Medical Datebook are welcome from all hospitals, physicians, companies and residents active in the Observer-area medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 38251 Schoolcraft, Livonia 48150, e-mail: rskoglund@oc.com, or faxed to (734) 591-7279.

ONGOING

OVERSEASERS
Overseas Anonymous meets every Sunday 7-8:30 p.m. through June in the St. Mary Hospital Pavilion, Conference Room A, 38476 Five Mile, Livonia. Another group meets every Thursday evening 7:30-9 p.m. in Unity Church, 28660 Five Mile, Call Kathleen at (734) 427-8612.

AA & ALANON
Alcoholics Anonymous & Alanon meet Wednesdays and Sundays 8:30-9:30 p.m. at Garden City Hospital North Entrance, 5254 Inkster Road, Contact (248) 641-6865 or (734) 776-3415. Every one's welcome. Alanon meeting Sunday only.

BLOOD PRESSURE SCREENINGS
Marquette House, a residential assisted living facility at 26000 Campus Drive in Westland (across from John Glenn High School), holds blood pressure screenings every fourth Tuesday. Open to the public 11 a.m. to noon. Call (734) 328-6537.

IMPOTIENT
The Impotent Anonymous Support Group meets 8 p.m. the last Wednesday of each month at St. Mary Hospital, Marian Professional Building, 14555 Levan Road, Livonia (Pavilion Conference Room A). For information, call (734) 482-5858.

MON, MAY 15

DIABETES EDUCATION
Garden City Hospital will sponsor "Live Well With Diabetes," a five-week series that begins May 16, 18 and 22. Sessions will

cover hypoglycemia, hyperglycemia, foot care, meal plans and glucose monitoring. Physician referral required. Call (734) 458-4330 to register.

RESTLESS LEG SYNDROME
The Restless Leg Syndrome Support Group will meet at 7 p.m. at Henry Ford OptimEyes, 35184 Central City Parkway in Westland to discuss medication and receive a video by California-based physician Dr. Vuchfuhner. For more information, call Jan Prentice at (734) 453-4847.

TUES, MAY 16

LYME DISEASE
The Lyme Disease Support Group will sponsor a "Lyme Disease Education Night" at 7 p.m. at the First United Methodist Church, Wayne. Call Connie at (734) 328-3502 for more information.

SPIRITUALITY AND HEALTH
Henry Ford Medical Center-Fairlane will sponsor a free lecture, "Spirituality, Health & Healing," 11 a.m. to 12:30 p.m. Tuesday, May 16, at the medical center, 19401 Hubbard Drive in Dearborn. Call (313) 982-6384.

WED, MAY 17

DYSLEXIA SUPPORT
The Michigan Dyslexia Institute - Detroit Metro Center will host a meeting on the Section 504 of the Rehabilitation Act of 1973 as related to accommodations for students/adults with dyslexia. Parents, advocates, professionals and students encouraged to attend. Meets at 6:45 p.m. at the MD Institute, 30230 Orchard Lake Road in Farmington Hills, Suite 130.

CAVE-DWELLERS' DIET
It's better to eat like cave-dwellers. Learn how your body lets you know what it needs nutritionally through muscle testing. Dr. Darren Schmidt presents a free workshop 7:08:15 p.m. Wednesday, May 17 at the

Canton Center Chiropractic Clinic. Call (734) 450-0787.

HEALTHY FOOD
Learn how the energy of food can help strengthen your internal organs. Presented by Macro Val 6-8 p.m., 30581 Krauter, Apt. 3C, Garden City. No cost. Complimentary dessert and tea. Call (734) 281-2858.

THUR, MAY 18

IMMUNIZATION CLINIC
Providence Mission Health Medical Center-Livonia will host an immunization event from 4-7 p.m. at 37595 Seven Mile Road in Livonia. Cost is \$5 per child and includes all vaccines your child needs except chicken pox. Don't forget to bring immunization records. Call (877) 345-5500 for information.

EXHAUSTED
The La Leche League of Livonia will meet 7 p.m. For location and information, call Theresa (734) 281-6814, Michele (734) 591-7071, Vicki (734) 837-3011 or Claudia (734) 422-6869. Babies and children welcome.

EXERCISE
Oakland Physical Therapy, PC, will present "Fit After Fifty" 7 p.m. at the Providence Medical Center, 47601 Grand River Avenue, Suite B124, Novi (intersection of Grand River and Beck Road). No charge. Reservations required. Call (248) 380-3550.

TUES, MAY 23

RESTLESS LEG SYNDROME
The Restless Leg Syndrome will meet at 2 p.m. at Henry Ford OptimEyes, 35184 Central City Parkway in Westland to discuss medications and exercises. Garden City Hospital nurse Marilyn Amberger will be the featured speaker. For more information, call Jan Prentice at (734) 453-4847.

MAY 24-JUNE 14

HEALTHY EATING
Learn to cook whole grains, beans, tofu, tempeh, sugar-free desserts and lots more in a four-week cooking series by Micro Val, 30581 Krauter, Apt. 3C, Garden City. Call (734) 281-2858.

WED, MAY 31

BLOOD DRIVE
The American Red Cross will hold a blood drive sponsored by the Canton Hindu Temple (44955 Cherry Hill Road) from 2-8 p.m. Wednesday, May 31. For information call (734) 981-8730.

JUNE 3 & 7

STOP SMOKING
Providence Hospital will present smoking cessation programs 10 a.m. to noon Saturday, June 3, Novi Park: Providence Medical Center-Providence Park 47601 Grand River (Beck Road entrance), Novi; and 6:30-8:30 p.m. Wednesday, June 7, Providence Medical Center-Livonia: Mission Health Medical Center, 37595 Seven Mile (at Newburgh), Livonia. For reservations, call 1-877-345-5500.

THUR, JUNE 4

CANCER SURVIVOR DAY
Cancer survivors are invited to participate in National Cancer Survivors Day sponsored by St. Mary Hospital of Livonia 2-4 p.m. To preregister, call (734) 655-1100.

JUNE 6-29

DIABETES
St. Mary Hospital's "Taking Charge of Living with Diabetes" class meets 7-9 p.m. Tuesdays and Thursdays for four weeks. Call (734) 655-8940.

WED, JUNE 7

MENOPAUSE

The Menopause Support Group at St. Mary Hospital in Livonia meets 7-9 p.m. Discussion will offer tips on protecting your back from stress and strain, including proper lifting techniques. Call (734) 655-1100.

FRI, JUNE 9

CHEMICAL SENSITIVITY
The Multiple Chemical Sensitivity Friends support group meets 2-5 p.m. at Calgary Presbyterian Church, 2727 Fernwood, Ann Arbor (west of U.S. 23, between Washtenaw and Packard). Call (248) 349-4972.

SAT, JUNE 10

CARDIAC LIFE SUPPORT
Prerequisite for initial training: proof of current Health Care Provider BLS card. Retraining: proof of current Health Care Provider BLS card and current ACLS certification. Class is offered Saturday and Sunday, June 10 and 11, from 8 a.m. to 5 p.m. St. Joseph Mercy Hospital/Michigan Heart & Vascular Institute (734) 712-2948.

MON, JUNE 12

THYROID DISORDERS
The Michigan Thyroid Disorder Support Group will meet at 6:30 in the Plymouth Library, 223 S. Main Street. For more information, call Tracy Green at (734) 453-7945. Web site <http://community.mlive.com/cc/thyroid>

THYROID
The Michigan Thyroid Disorder Support Group meets 6:30-9 p.m. at the Plymouth Library, 223 S. Main, Plymouth. Dr. Ng of The Center for Holistic Medicine in West Bloomfield will discuss natural hormones and diet. Call Tracy Green at (734) 453-7945.

TUE, JUNE 13

TOUCH FOR HEALTH
Learn to use muscle testing tech-

niques, neurolymphatic massage, acupressure to strengthen weaknesses, relieve pain, and improve posture. Bring a "Touch for Health" book, available at book stores. Class runs Tuesday, June 13-July 25, from 6-9 p.m. Cost is \$225. The Healing Arts Clinic is located at 340 N. Main Street No. 205 in Plymouth. Call (734) 207-0557 to register.

CAREGIVING STRESS
Alterra-Clare Bridge of Livonia, 32500 Seven Mile, will present a discussion on "Stress Management: Emotions of Caregiving," 6-7:30 p.m. in the community center. Call Nanette Cooper or Denise Mannion for reservations (248) 428-7055.

THUR, JUNE 15

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THUR, JULY 20

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MON, SEPT. 11

THYROID DISORDERS
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Don't miss reading the Community Life section every Thursday

Two great reasons to have a GARAGE, YARD, OR PORCH SALE!



1. It's an easy way to put more money in your budget and
2. we will put the name of everyone* placing an ad for a garage, yard, or porch sale into a drawing for a \$50 gift certificate at Meijer!

There'll be a winner every week through September 28.

So, grab a pencil and make a list of all the things you want to sell.

Place your ad for as low as \$22.50* and who knows?— you could be one of our weekly winners!

Observer & Eccentric
HomeTown Classifieds

MEIJER

Oakland County: 248-644-1100 Wayne County: 734-591-0900
Rochester/Rochester Hills: 248-852-3222 Clarkston, Lake Orion, Oxford, Waterford: 248-475-4595

* Some Restrictions Apply Contact dates 4/20/00-8/26/00