

**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, 36251 Schoolcraft, Livonia 48150, e-mail: rskoglund@comcast.net or faxed to (734) 591-7279.

hold a blood drive sponsored by the Canton Hindu Temple (44065 Cherry Hill Road) from 2-8 p.m. Wednesday, May 31. For information call (734) 981-8730.

**THUR, JUNE 1**

**HOSPICE**  
Hospice of Washtenaw begins a five-week Grief Recovery Series 7-8:30 p.m. at the hospice office, 806 Airport Blvd. (off State Street), Ann Arbor. Call (734) 927-9409.

**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 Cranston Road (Beek Road entrance), Novi; and 8:30-9:30 p.m. Wednesday, June 7, Providence Medical Center-Livonia: Mission Health Medical Center, 37695 Seven Mile (at Newburgh), Livonia. For reservations, call 1-877-345-5500.

**SUN, 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. in the West Addition Conference Room. Refreshments, prize drawing and mementos. Public invited. To pre-register, call (734) 655-8940 or 1-800-494-1650.

**MON, JUNE 5**

**FIBROMYALGIA**  
A fibromyalgia conference will take place 7-9 p.m. at the Livonia Civic Center Library, 32777 Five Mile Road, Livonia. \$10 fee, cash only. Call Sharon at (248) 344-0896 or (248) 344-4063.

**JUNE 5, 12 & 26**

**BLOOD PRESSURE SCREENINGS**  
St. Mary Hospital of Livonia will sponsor community blood pressure screenings on the following Mondays: 1-3 p.m. June 5 in the hospital's lobby at 36475 Five

Mile Road; 8-10 a.m. June 12 at Weiderland Mall in Livon and noon to 2 p.m. June 26 at the Northville Senior Center. Call (734) 655-8940.

**TUES, JUNE 6**

**DIABETES AWARENESS**  
Meijer Pharmacy (Eight Mile and Haggerty) in Northville will host a Diabetic Health Awareness Day 9 a.m. to 1 p.m. The event will showcase diabetic supplies and information about the disease. Promotions include a free blood glucose meter with the purchase of a box of chemstrips (100 ct). For more information, call (248) 349-2707.

**BASIC CPR**

Providence Hospital & Medical Centers will offer a Heart Saver Plus/BLS Plus Course 6-10 p.m. at the Livonia Mission Health Center, 37695 Seven Mile Road, Livonia. Use of barrier devices and information of Automated External Defibrillator discussed. Program meets the needs of day-care providers. Registration required. Call (877) 345-5500.

**COMMUNICATION GAP**

Relax and have fun in this Botsford Hospital Health Development Network-sponsored workshop that looks at the differing communication styles of men and women. Pre-registration and \$20 fee required. For more information, call (248) 477-6100.

**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.

**DIABETES**

"Meal Planning Tips for People with Diabetes" will be offered

4:30-8:30 p.m. at the Novi/Providence Medical Office Center, 39500 W. Ten Mile Road (at Haggerty), Novi. \$6 fee. Registration required. Call (877) 345-5500.

**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 6 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) 463-7945. Web site: http://community.mlive.com/c/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) 463-7945.

**FIRST AID CLASS**

Providence Hospital & Medical Centers will offer a basic first-aid class 6:30-9:30 p.m. at the Livonia Mission Health Center, 37695 Seven Mile Road (at Newburgh), Livonia. \$25 fee (plus \$5 book fee payable to instructor). Registration required. Call (877) 345-5500.

**WED, JUNE 14**

**ARTHRITIS**  
Providence Hospital and Medical Centers will present an arthritis lecture beginning 7 p.m. at the Livonia Mission Health Center, 37695 Seven Mile Road (at Newburgh), Livonia. Pre-registration required. Call (877) 345-5500.

**FAD DIETS**

Learn what is included in a good diet and what to watch out for in a bad diet. "Fast Diets, Hard Lines" is offered beginning 8:30 p.m. at the Novi/Providence Medical Office Center, 39500 W. Ten Mile Road, Novi. \$10 fee. Registration required. (877) 345-5500.

**THUR, JUNE 15**

**IMMUNIZATION CLINIC**  
Providence Mission Health Medical Center-Livonia will host an immunization event from 4-7 p.m. at 37695 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.

**ONGOING**

**OVEREATERS**  
Overeater Anonymous meets every Sunday 7-8:30 p.m. through June in the St. Mary Hospital Pavilion, Conference Room A, 36475 Five Mile, Livonia. Another group meets every Thursday evening 7:30-9 p.m. in Unity Church, 28660 Five Mile. Call Kathleen at (734) 427-8812.

**AA & ALANON**

Alcoholics Anonymous & Alanon meet Wednesdays and Sundays 8:30-9:30 p.m. at Garden City Hospital North Entrance, 5284 Inkster Road. Contact (248) 541-6655 or (734) 776-3415. Everyone's welcome. Alanon meeting Sunday only.

**IMPOTENT**

The Impotent Anonymous Support Group meets 8 p.m. the last Wednesday of each month at St. Mary Hospital, Marlin Professional Building, 14355 Levan Road, Livonia (Pavilion Conference Room A). For information, call (734) 462-6858.

**EATING DISORDERS**

Disorders Eating Recovery Program, "DERP," meets 7 p.m. every Tuesday at Garden City Hospital, Medical Building, classroom 4, 6255 Inkster. Both men and women invited. Call Angela Gracer (313) 551-2560, Leanne Able (734) 464-0880, or Garden City Hospital (734) 468-4330.

**FOOT SCREENINGS**

Foot screenings for all ages are held 8:30 a.m. to noon every Tuesday and Friday at Botsford Hospital, South Professional Bldg., Suite 200. For an appointment, call (248) 473-1320 weekdays 9 a.m. to 5 p.m.

**WED, MAY 31**

**BLOOD DRIVE**  
The American Red Cross will

**TUE, JUNE 13**

**TOUCH FOR HEALTH**  
Learn to use muscle testing techniques, 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.

**HEART SAVER**

A Heart Saver/Basic Life Support Course will be held at the Livonia Mission Health Center, 37695 Seven Mile Road, Livonia. \$25 fee includes a Heartaver Guide. Registration required. Call (877) 345-5500.

**Detroit Kids Catalog**  
A Family Guide for the 21st Century  
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Rachel DeLack  
Kurt Gurn

**Are You Depressed?**  
Answer the following questions based on the last 2 weeks or more.  
YES NO  
 1. I feel sad, unhappy, self critical  
 2. I feel tired and have little energy  
 3. I have trouble sleeping or eating (either too much or too little)  
 4. I don't enjoy activities that I used to  
 5. I feel uneasy, restless, irritable or guilty  
 6. I have trouble concentrating, remembering things or making decisions  
If you answered "yes" to 3 or more statements, you may be suffering from depression, a serious condition affecting millions of Americans. The Institute for Health Studies is currently looking for individuals experiencing the above symptoms to participate in a research study of investigational medication for depression. If you are selected, all research related care and study medication are provided at no cost. Our answers and information about depression.  
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\$1599.99 - \$1789.99	\$899.99	\$700 - \$890
\$1399.99 - \$1589.99	\$799.99	\$600 - \$790

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Sears Regular Retail Price	Outlet Price	Savings from Reg. Retail
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