## My Gym slates open house, activities

BY PAUL R. PACE STAFF WRITER

The internationally franchised My
Gym Children's Fitness Center rolled
out its newest children's gym in
Farmington Hills this week.
The opening marks the 86th My Gym
to open in the U.S. and the first to open
in Michigan.
It was bustling with kids and their
parents trying out the many play and
fitness areas at an open house Friday.
"The benefits to this is the kids will
learn to turn into healthy acting adults.
It builds self-esteem and confidence,"
said owner Tanya Williams.
My Gym Children's Fitness Center
combines innovative physical early
learning Jp re-gymnastics classes with
state-of-the-art facilities for children
ages 3 months to 9 years.

ages 3 months to 9 years.

There are classes designed for parent and child and classes just for older children by the statement of the stateme

dren by themselves.

Lisa Rosen of Farmington Hills was at the facility Friday to see what it

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Prices Good Aug.

Sunday 10AM-7PM

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Mon-Sat, 9xx-9px

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daughter Sloan would like the pro-

grams.
"She's having the best time," mom said
while watching Sloan play. "I can't get
her out of here."
Marwil said she has signed her
daughter up for classes already.
"It's a great activity for them to do,"
she said.

he said.

My Gym Farmington Hills will open its doors for an open house today from 10 a.m. + p.m. then on Aug. 30, 31 am. + p.m. then on Aug. 30, 31 am. ben. the said; see the facility, come play and have fun, said Williams.

My Gym will be registering children for free guest classes and offering discounted memberships and special promotions, she said.

motions, she said.

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The program's structured, age-appropriate classes incorporate music, dance, games, relays, special rides, sports, gymastics and other activities supervised by professional trainers, said Williams.
On weekends, the facility offers birth-



BILL BRESLER 1 OBSERVER

Three year old Arlana Aliman tries gynastics with the help of Laura Felters.
Fetters works for the parent corporation and is in town to help launch the new business.

#### **POLICE CALLS**

Shoe theft

Shoe theft
A 10-year-old Southfield boy was
apprehended by store security at Kohls
department store on Grand River
around 2:30 p.m. Wednesday. The boy
put a new pair of sneakers on his feet
and left without paying.

Stereo stolen
In the 34000 block of Lyncoft, four
cars parked in the driveway had various
stereo equipment, CDs and DVDs were
stolen from inside during Tuesday

Golf clubs stolen
In the 35200 block of Knollwood
Lane, \$200 in golf clubs were stolen
from an unsecured garage on Tuesday.

ATV snatched

At the San Marino Golf Course dur-ing Wednesday night, a \$7,000 all-ter-rain vehicle was stolen. A lock was bro-ken to take it.

A \$5,800 Saturn was stolen from the lot at Enterprise Leasing Company on Grand River this week.

A wooden mailbox in the 24500 block of Glen Orchard was set on fire around 1:30 a.m. Friday. Damage was \$50.

Compiled by staff writer Paul R. Pace from reports on file with the Farmington Hills Police Department.

### at the lacinty Friday to see what it offered. "I have a 10-month old, a 4 and a 6 year old," she said. "I'll give it a good consideration. For my 4 year old it might be good." Heather Marwil of West Bloomfield was also there to see whether her ppace Foe homecomm.net | (248) 477-5450 Iichaels Shelly Township & Shelby Creek Shopping Center 56666 Van Dyke Ave .★ Mich ALL Poster ALL Stickers Open Stock Rubber Stamps Frames Dozene of 11%" × 36" to 24" × 36" etyles. **25**% Designer Photo Frames Burnes of Boston® Rare Woods **FORMAL PROPERTY** 40% **40**% 40% Buy as much or as little as you need (Xin) Q Ribbon by the Yard 40% Rich Art\* 16-oz. Washable & Basic Log. 1.77\_1.47 Lack Atrylic Paint 180 cators. Keon Log. 2.99\_1.99 Each a (litter 1) Reg. 191\_2.99 Eac Creative Gear Modular Craft 5<sup>59</sup> 20%

# Health officials stress vaccination

The Oakland County Health Division, along with other organ-izations around the country, is marking National Immunization Awareness Month (NIAM)

marking switcoln immunization Awareness Month (NIAM) throughout August. This year's campaign theme, 'Are you up to Date? Vaccinate, reminds persons of all ages living in the U.S. about the Importance of Immunization. Oaldand County Health Division NIAM activities include celebrating a Kids' Day in partnership with the Boys and Girls Club in Oaldand County, as well as educating parents of children attending Oakland County. "YMCA day earnps on the Importance of Immunization. Immunization staff will be available at all OCHD clinies to speak with the public regarding immuwith the public regarding immu-nization issues.

nization issues.
Experts say vaccines are one of public health's greatest triumphs. With the exception of safe water, no other health strategy has had such a tremendous effect on reducing disease and improving health. Despite the availability of safe and effective vaccines, vac-cine-preventable deaths still occur. For example:

Pneumoccocal disease caus-

es approximately 60,000 cases of invasive disease among people of all ages in the U.S. resulting in

of all ages in the U.S. resulting in 3,300 cases of meningitis; 14 percent of adults hospitalized with invasive disease die.

# Vaccine-preventable disease or their complications cause more than 30,000 adult deaths in the U.S. cach year. In 2000, influenza and pneumonia were the fifth leading causes of death among those 65 years of age and older.

older.

■ The potential for disease
outbreaks is high in areas where
substantial numbers of underimmunized children and adults

reside.

Chickenpox is endemic in the U.S. and virtually all persons who are not vaccinated are at increased risk for contacting chickenpox in adulthood. The risk of complications and death from chickenpox can be as much as 10 to 20 times greater for

adults than children.
Dr. Carol Bird, chief of
Medical Services at OCHD, saya,
Vaccine-preventable diseases
such as chickenpox, pneumococcal disease, influenza and hepatitis A and B do not distinguish
between young and old, rich or
poor, racial or cultural heritage.
Unvaccinated people of all ages
are susceptible to serious debilitating and potentially deadly discase. Vaccines can save lives and
reduce the pain and disability of
disease.
Cakland County Health
Division encourages everyone to
stay up-to-date on the routine
immunization schedule throughout their lifetime.
The following Onkland County
Health Division clinic locations
are open for free immunizations
Monday noon to 8 p.m. and
Tuesday-Friday, 8:30 a.m. to 5
p.m. Locations are:

Mennica—1200 N.
Telegruph Road. Located on
Telegraph Road between Dixie
Highway and Elizabeth Lake
Road.

Menuffiel—27725

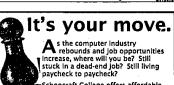
Road.
■ Southfield — 27725
Greenfield Road. Located at
Catalpa on the S.W. corner.
■ Walled Lake — 1010 E.
West Maple Road. Located or
Pontiac Trail and West Maple
Road.

Express yourself. Write a letter to the editor



Please call Lisa or Mary toll free at 1-800-513-1910 to pre-register for WHERE: Detroit, Mi area WHEN: September 3rd at 7 p.m. exact location or for more in

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