

ONGOING

Self-Help groups
Anyone seeking information on a variety of self-help groups may visit the Michigan Self-Help Clearing House at the Michigan Protection Advocacy Service Web site, www.mpas.org. If you have a disability rights issue, contact the MPAS at (800) 288-5923.

Grief support
Angela Hospice offers ongoing grief support groups every second and fourth Tuesday of the month at the center, 1400 Newburgh Road, Livonia. Call (734) 464-7810.

Bipolar
The MDDA-Bipolar Support Group meets 3-5 p.m. the second and fourth Thursday at Beaumont Hospital, Administration Bldg., 3601 W. 13 Mile Road, Royal Oak. Call Kathie at (248) 544-1097.

Divorce support
The Women's Resource Center at Schoolcraft College will offer a "Divorce Support Group" 7-9 p.m. the second and fourth Tuesday of each month. Call the WRC at (734) 462-4443.

Bereavement
"Together to Share," a grief support group, meets 10 a.m. the first Monday of each month at American House on Middlebelt Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Dorvin Nursing Center on Middlebelt Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-9589.

Overeaters Anonymous
Support group for overeaters meets 7 p.m. every Friday at Providence Park-Novi, 41801 Grand River Avenue, Novi.

HelpLine: (313) 438-HELP or (248) 474-9456.

Alcoholics Anonymous
Everyone is welcome to Providence Hospital-sponsored AA meetings held: noon every Tuesday and Thursday at Providence Medical Office Center-Novi, 39500 W. 10 Mile Road (at Hogarty), Novi. Call (248) 348-9362; noon every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia. Call (734) 953-1188; and 8:30 p.m. every Wednesday at Providence Hospital, 16001 W. Nine Mile Road, Southfield. Call (248) 333-4911.

Thyroid cancer
Thyroid Cancer Survivor's Association, Inc. support group meets 7:30 p.m. the fourth Tuesday of each month at the Plymouth Public Library, 223 S. Main Street, downtown Plymouth, in the Gold Room. For more information about the ThyCa St. Michigan Support Group, call Mary Rose at (734) 397-2800; e-mail SE-MI@thyca.org; or visit www.thyca.org. Call toll-free (877) 588-7904.

Headaches
Suffer from constant headaches? Join the Headache Foundation Support Group, which meets 7 p.m. the first Wednesday of the month at Providence Northwestern Medical Center, 30055 Northwestern, Farmington Hills, Call (248) 258-1973. Family members invited.

Gambling
The Gamblers Anonymous Support Groups meet 7:30-9 p.m. Mondays at St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia, in Classroom 4. Call (734) 655-2944 or (800) 494-0277. Groups is open to anyone with a gambling dependency.

Cancer

Join "Focus on Living," a cancer support group offered 7:30-9 p.m. the first Wednesday of each month at St. Mary Mercy Hospital, Livonia. The group is designed to help cancer patients and families come together to help each other in living with a cancer diagnosis and treatment. Co-sponsored by the American Cancer Society. Call (734) 655-8940 or (800) 494-1650.

Terror Disorder Support
Shari Finsilver of Orchard Lake leads a local support group for those who suffer from Essential Tremor, a debilitating and incurable movement disorder. The group meets 7:30-9 p.m. on the second Thursday of the month at Temple Israel, 5275 Walnut Lake Road in West Bloomfield. Contact Finsilver at (248) 683-4138 or Tristivity@aol.com, or visit www.tremorsupport.com. To learn more about the International Tremor Foundation, visit www.international-tremor.org or call (800) 397-3667.

Parents Supporting Parents
Parents coping with the loss of an infant through miscarriage, stillbirth or newborn death meet 7 p.m. the third Monday of the month at Providence Hospital-Southfield, 16001 W. Nine Mile Road, Southfield. Call (248) 849-5342.

Stroke
The St. John Health System-Providence offers a Stroke Support Group 7 p.m. the first Thursday of the month at Providence Park-Novi, 41601 Grand River Ave., Novi. Call (248) 465-4190.

Menopause
St. Mary Mercy Hospital's Menopause Support Group meets 7-9 p.m. the first Wednesday of the month. Call the hos-

pital's Marian Women's Center at (734) 655-1100. Next meeting is Feb. 5.

FEBRUARY

Overeaters

Overeaters Anonymous Support Group meets 7 p.m. every Friday at Providence Park-Novi, 41601 Grand River Ave., Novi. Next meeting Friday, Feb. 14. Call (313) 438-HELP or (248) 474-9456.

Fibromyalgia

St. Collette's Parish Health Ministry will host chiropractor Dr. Paul Masalasi who will speak on all aspects of fibromyalgia 7 p.m. Tuesday, Feb. 18. The presentation will take place in the church's social area. The church is located at 17600 Henbury (across from Laurel Park), Livonia. To reserve a seat, call (734) 464-4436.

CPR classes

St. Mary Mercy Hospital, Livonia, will offer adult and pediatric classes 8 a.m. to noon Saturday, Feb. 15. CPR, rescue techniques for choking and signs of life-threatening emergencies will be taught. Participants will receive a CPR participation card. Pre-registration required. Call (734) 655-8940 or (800) 494-1650 (out-of-town callers only). Visit www.stmarymercy.org.

Stop smoking

Providence Hospital and Medical Centers will hold the Wellness Seminar for smoking cessation at the following times and locations: 10 a.m. to noon Saturday, Feb. 15, at Providence Hospital, Medical Building, 22250 Providence Drive, Southfield; and 6:30-8:30 p.m. Wednesday, Feb. 19, at the Mission Health Medical Center, 37595 Seven Mile Road at Newburgh.

Livonia. Call (877) 345-5500.

Weight reduction
Providence Hospital and Medical Centers will hold the Wellness Seminar for weight reduction at the following times and locations: 1-3 p.m. Saturday, Feb. 15, at Providence Hospital, Medical Building, 22250 Providence Drive, Southfield; and 6:30-8:30 p.m. Tuesday, Feb. 19, at Mission Health Medical Center, 37595 Seven Mile Road at Newburgh, Livonia. Call (877) 345-5500.

Stress

Dorlyford Center for Health Improvement will offer "Reduce Stress, Organize Your Life," a work shop for individuals and entire families that focuses on ways to get organized. 7 p.m. Tuesday, Feb. 18. Learn how to streamline your life, which can lessen your overall stress level. Call (734) 525-5252. Register by calling (248) 477-6100, between 9 a.m. and 4:30 p.m. The center is located at 39750 Grand River Ave. between Haggerty and Meadowbrook, Novi.

Prostate

Dr. Michael Lutz will present "Prostate Cancer and Bladder Concerns" 6:15 p.m. Tuesday, Feb. 18, at the Weisberg Cancer Center, 31995 Northwestern Hwy., Farmington Hills. Free supper and lecture. Registration required. Call (248) 638-6514.

Immunizations

St. Mary Mercy Hospital, Livonia, will offer a "Walk-in Infant and Child Immunization Clinic" 5:30-8 p.m. Thursday, Feb. 20, in the Auditorium. Call (734) 655-8940 or (800) 494-1650 (out-of-area only).

Women's heart conference

St. Mary Mercy Hospital, Livonia, will offer "Heart-to-Heart: Women and Cardiovascular Disease" conference 8:30 a.m. to 3 p.m. Saturday, Feb. 22. Learn about medical, physical and emotional well-being. Blood pressure, stroke, cholesterol, bone density, depression and anxiety, and alcohol screenings offered. Lunch included. Free massages and drawings for prizes. Cost: \$30. To register, call the Community Outreach department at (734) 655-8959.

Restless legs

The Restless Legs Syndrome Support Group will meet 7 p.m. Tuesday, Feb. 25, at O'Brien's Eyes, across from Marshall Fields on Civic Drive in Westland. Call Jan Prentice at (734) 451-4547.

MARCH

Prostate Screening

St. Mary Mercy Hospital of Livonia will hold a "Prostate Screening and Men's Health Fair" 8 a.m. to 4 p.m. Saturday, March 1. The program will include blood tests for prostate specific antigen (PSA), total cholesterol and HDL; prostate exam by a physician; and blood pressure check. A \$10 donation is optional. Proceeds will benefit St. Mary Mercy's new cancer center. Call (734) 655-8763 to register.

Post-polio support

The first meeting of the Southeast Michigan Post-Polio Support Group will be 10 a.m. to noon, Saturday, March 22, at the First Presbyterian Church of Troy, 4328 Livonia. Troy. The church is about a half mile north of Westfield (77 Mile Road) on the east side of the street. Call (734) 425-0708 or (313) 865-7855.

BIRTH

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explain the pivotal role doctors, nurses and hospital technicians play in administering the latest in modern maternity to bring healthy babies into the world. As each pending birth unfolds, Discovery

Health Channel cameras and reporters will be live in the maternity wards chronicling the inspiring and intense experience of birth and revealing the reactions of the newborn's families. Wrapping the live segments will be interviews with medical experts who provide information related to prenatal care, full term and premature birth, and newborns in general.

It's What's Inside That Counts

Why did the chicken cross the road?

to get to the Rubber Chicken Revue!

Vaudeville impressionists in the style of Groucho Marx and W.C. Fields will rule the roost during a zany old-time comedy show and luncheon Wednesday, February 26, 2003 Noon to 2:00 p.m.

Guaranteed not to lay an egg as they deliver fast and feathered humor! Also featuring a lovely lady "song bird" who'll warble a medley of ballads.

Raffle prizes and complimentary valet parking

RSVP to Alexis by Thursday, February 20, 2003 at (248) 352-0208, ext. 213

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Cancer AnswerLine: 1-800-865-1125 or www.cancer.med.umich.edu

M University of Michigan Health System Comprehensive Cancer Center