GRECIES

Self-Help groups
Anyone seeking information on a variety of self-help groups may visit the
Michigan Self-Help (learing House at
the Michigan Profection Advocary
Service Web site, www.mpas.org. if you
have a disability (ight 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, 14'00 Newborgh Road, Livonia.
Call (734) 464-7810.

The MODA-Bipotar Support Group

me wow/oppoint support croup meets 3-5 pm. the second and fourth Thursday at Beaumant Hospital. Administration Bidg. 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 Livenia. The prou meets 3 p.m. the third Thursday of the month at Dorvin Nursing Center on Middlebeit Road in Livonia. Both groups are facilitated by a bereave-ment coordinator from Heartland Hospice in Southfield, Call (600) 770-

Overeaters Anonymous Support group for overeaters meets 7 p.m. every friday at Providence Park-Novi, 47601 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 CenterNovi, 39500 W. 10 Mile Road (at Haggerty), Hovi, Call (248) 348-9362; noon every Wednesday at Mission Health Medical Center-Livonia, 37595 Regin Medical Center-Livolla, 3137 Seven Mile Road, Livonla, Call (734) 953-1185; and 8:30 p.m. every Wednesday at Providence Hospital, 16001 W. Nine Mile Road, Southfield. Call (248) 333-4911.

Wednesday of the month at Providence Northwestern Medical Center, 30055

Gambling
The Gamblers Anonymous Sunport
Groups meets 7:30-9 p.m. Mondays at
St. Mary Mercy Hospital, 36475 five
Mile Road, Livonta, in Classroom 4, Cal
(734) 655-2944 or (800) 494-0277. n 4 Call

Janear
John "Focus on Living," a cancer support group offered 78:30 pm. the first Wednesday of each month a SL Mary Wednesday of each month a SL Mary Mercy Hospital. Livonia. The group is designed to help cancer patients and families come together to help each other in hiring with a cancer diagnosis and treatment. Co-sponsored by the American Cancer Society, Call (734) 655-8940 or (800) 494-1650.

Tremor Disorder Support
Shari Finsilver of Orchard Lake leads a
local support group for those who suffer from Essential Tremor, a debiklating and incurable movement disorder. The group meets 7-8:30 p.m. on the second Thursday of the month at Temple Israel, 5725 Walnut Lake Road In West Bloomfield. Contact Finsilver at (248) 683-4138 or finsilver@earthlink.net, or visit

www.tremorsupport.com. To learn more about the International Tremor Foundation, visit www.essential-tremor.org or call (888) 387-3667.

Parents Supporting Parents
Parents coping with the loss of an
infant through miscarriage, stillibith
or neabour decht meet? p.m. The
third Monday of the month at
Providence Hospital-Southferd, (600)
W. Nine Mile Road, Southfield, Call (248)
493-5342

The St. Inho Health System-Providence offers a Stroke Support Group 7 p.m. the first Thursday of the month at Providence Park-Hoyl, 47601 Grand River Ave., Novi. Call (248) 465-4170.

Medicare counseling Senior citizens with Medicare ques-

Senior cilizens with Medicare questions and concerns can get assistance through Beaumont Hospillars Department of Older Adult Services. The department's staff of trained volunteers can provide counseling on Medicare, long-term care insurance, and insurance plans that supplement Medicare. Eatl Beaumont's folf-tree Senior Resource: Line at (800) 328-2241 8:30 a.m. to 4 p.m. Monday

through Friday to make an appoint

MARCH

Anorexia/bullmia
Beaumont Hospital offers a support
group led by recovering or recovered
anorexics and/or bulimics 7-8-30 p.m.
Mondays, March 3, 10, 7, 24 and 31. The
group meets in the hospital's 10th group meets in the hospitafs 10th floor-Classrooms A and B, 3601 W. Thirteen Mile Road, Royal Oak, Call (248) 551-9790.

Weight control Meight control informational senimers for Beaumont Hospital's Weight Control program will she place Pan Incestay March 1, 18 or 75; or 1 pm. Wednesdey, March 5, 12, 19 or 25, and on scheduled Saluddays The senimers are fed at the Beaumont Weight Control Center, 4949 Cooling Highway (not hot of 14 Mile Road, Royal Oax. The Center spe-cializes in the Teatment of people who are mildly to severely overweight.

Breast cancer

ont Hospitat's Sharing & Caring program will host a discussion on Comparing Hormonal Treatments for Breast Cancer 7-9 p.m. Thursday. March 6, in the 1st Floor Conference March 6, in the 181 floor Conference broom, Reasumol Canner Centler, 3577 W. 13 Mile Road, Royal Osk. Dr. Nihad K. Ibrahlim, Department of Breast Medial Oncology, M.D. Anderson Canner Centler, Houston, Feast, will be the guest specker, Cofte and dessert reception to follow, 500 donation, Reservations required. Call (248) 551-8588.

latural hormanes
The advantages and disadvantages of chemical and natural hormane replacements for men and women will be the focus of an upcoming program at the Plymonth fortifet library. The free program will be held 10 a.m. Salurday, March & South Popy, is a registered pharmacist and founder of hasth Dismostors, alabotators obtained. Health Dimensions, a laboratory phar-macy in Farmington Hills. A 1991 gradu-ate of Wayne State University's College ate of Wayne State University's College of Pharmacy, he now focuses his practice on custom prescription formulating, having on blanded specialty training through the Professional Compounding Centers of America. Register for his program at the Reader's Advisory Dest, (734) 453-7050, press of on the Library home page, plymouthlibrary.org.

Yoga Botsford Center for Health Improvement, 39750 Grand River, Novi, 10-11 a m. Mondays. The first six-week

session begins March 10; the second beings April 28. The fee is 555. The class emphasizes stretches for strength, Reirblithy relaxation and energy enhancement. Learn techniques to help alleviate insomala, anxiety and stress, Includes breathing and meditation exercises. To register, call 1284 XT-X841.

The Micrigan Thyroid Support Group with Today In American Gall Dr. m. Monday, March 10, at the Plymouth Library, 223 S. Main Street, Plymouth Guest speaker Brod Mallard, of Health Strategies, has over 25 years experience in Irauma and emergency medicine, family medicine and herbalfholistic/fallernative/integrative medicine. Call Tracty Green 1734 453 17945 or email mithyroid/ayahoo com or visit our web site at http://community.mive.com/cc/thyroid thttp://community.mive.com/cc/thyroid The Michigan Thyrold Support Group

Diahetes support
The Diahetes Support Group at St.
Mary Mercy Hospital, Livonia, will host
a Gemonstration/discussion on "Alf About Insulin Pumps* 7-8:30 p.m Wednesday, March 12 in the hospital's Auditorium. The speakers are repre-sentatives from Minl. Med. Disetronic and Animas Insulin Pump Companies and Kelly Mann RH, CDE. The Diabetes and Keily Mann Kir. LU. The unoperes Support Group presents a new topic on the second Wednesday of each month for adults with diabetes and family members. Parents and children with diabetes are welcome to attend this special program. There is no charge, and pre-registration is not required. Call 1734 655 8961.

Falling and home safety St. Mary Mercy Hospital is offering a

nity Falls Prevention Program titled "Fall Facts and Home Safety" 1-3 p.m., March 12. Learn the common risk factors associated with falls in older

adults, the consequences of falls on your health and three ways to reduce your personal risk for falls. Free. To register, or for more information, call (734) 655-8940, or (809) 494-1850 fout

Menopause naturally

Center for Lifelong Learning, Henry Ford Community College, 22586 Ann Arbor Trail (at Warren, east of Telegraph), Dearborn Heights, will host

The control of the co

ng contact hours), \$34. Filling the Gap for Men 6:30-8 10 p m. Thursday, March 20. Did you know that men undergo midlife hormone declines that affect muscle strength and the ability to play sports, as wel and the ability to play sports, as well as love life, memory, mood, sieve, and energy? Popy's will describe lihe symptoms of hormone declines and discuss how natural hormone replacement can benefit men CEHFS offer in CEEBU 4049, Section 19076 for general public, 53? CEEBU 4049, Section 19076 for nurses (I 5 mesting contact hours). \$27 no registe, wish www.hfcc.edu/CLZ or call (33) 3174500 or 3174504.

ont Hospital's Cancer Center Beaumont Hospital's Cancer Center, 3601 W. Thirteen Mile Road, Royal Oak, abol M, Inflice I Mile Nobel, Nogal vo will host the "One-to-One Ovarian Cancer Support Group" 4-5:30 p.m. Thursday, March 13. Call Marilyn Brozovic at (248) 597-2710.

Low vision

"Peer Support" offers emotional sup-port, coping skills and information for people with visual problems. The groups will meet 6:30-7.30 p.m. Tuesday, March 18 at Beaumont Hospital's Medical Office Building, 5th Floor, Beaumont Eye Institute, 3535 W. 13 Mile Road, Royal Oak, Call (249) 551-

Audism
Everyday Miracles Autism Support
Network will host a discussion.
'Special Dels for Special Mids' Testuring the author of the book by the same
title. 7 pm Testey, Marchilla Albamy, Ferndale.
Tickets are \$20 for group members, and \$25 for nonmembers. Seeling is
immed. Advance ticket purchase
and \$25 for nonmembers. Seeling is
immed. Advance ticket purchase
required. Support group meetings are
required. Support group meetings are
foot at various tooclains the second
Wonday and Tiesday of each month.
Contact Leaver-Federsh at 12(48) 398-Contact Laurey Tedeschi at (Z48) 398-6ZZO, Online message board available (everydaymiraclesautism@yahood

Post-poflo support The first meeling of the Southeast Vichigan Post Polio Support Group will be 10 a.m. to noon. Saturday, March 22, at the First Presbyterian Church of Troy, 4228 Livernois, Iroy, The church is about a half mile notth of Wattles (TD Mile Road) on the east side of the street, Call (734) 425-0788 or (313) 885-7855.

Quit smoking
Dakwood Hospitel and Medical Center,
18101 Oakwood Blvd., Dearborn, will
host the Wellness Seminar for smoking cessation 10 a m. to noon Saturday, March 29, in the Kalman Auditorium. The first 45 minutes is a free orienta-tion. If the participant feels comfort-

WWW, Home Town Life.com TERNET ADDRESS DIRECTORY Putyout place Art. Incl., call 1-00-980-4014 INTERNET



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