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## KMB Plans '73 Meeting

The 1973 annual meeting of Keep Michigan Beautiful, Inc. (KMB) will be held in the Hospitality Motor Inn in Lansing on Monday and Tuesday, Oct. 22-23.

Registration begins at 1:30 p.m. Monday, and programs are scheduled to run all that afternoon and evening, and the next day until late afternoon.

Reservations must be made on or before Wednesday, Oct. 24 with Keep Michigan Beautiful, Inc., 28165 Greenfield Rd., Southfield. There is a \$6 charge for attending the awards banquet on Monday evening.

## Continuum Offers 2 Middle-Years Courses

Mid-course marriage assessment and pre-retirement planning, two study programs of interest to persons in middle years, are being offered through the Continuum Center for Adult Counseling and Leadership Training at Oakland University.

Leaders will be Eleanor Driver, director of the center, and Mrs. Betty White of Farmington, who has headed programs there for several years.

The six-week course on marriage will begin with a free orientation at 7 p.m.

Wednesday, Oct. 17, in the Meadow Brook Club House at OU.

It is designed to evaluate and revitalize a "middle-aged" marriage said Mrs. Driver, who will head the discussions.

"This is not for marriages that are in serious trouble and need counseling," she added. "The couples I envisage are committed to their partnership and willing to explore new ways to make a marriage work."

"We would not live in a room with the same wallpaper and chairs for 30 years, but sometimes we live with a marriage that long without renewing it."

The course will run six Wednesday evenings beginning Oct. 24 and will cost \$75 per couple.

The program on retirement

planning will be held in the South Oakland YMCA, 1016 West 11 Mile, starting with a free orientation at 9:30 a.m. Saturday, Oct. 20, and continuing from 7 to 9 p.m. Tuesday, Oct. 23 and 30 and Nov. 13 and 30.

Two UAW retirees will participate in the introductory session.

Mrs. White said the course is designed to help people well ahead of retirement age see new options.

"Most people think about retirement in terms of finances but not in terms of new opportunities," she explained.

"We tend to consider retirement a problem to be solved rather than an opportunity for a new life. This stage of life requires as much planning as any other 'career.'"

The program will cost \$20 a person or \$30 a couple.

Mrs. White graduated from Oakland University with a degree in psychology. Her studies emphasized gerontology and she has helped to develop and lead programs in life planning for various ages at the center.

Special grants from the Kellogg foundation and the National Institute of Mental Health have aid in developing the programs. The course on retirement was developed at UAW retirement centers.

Registration information is available by calling the Continuum Center at OU.



IT'S A TEA PARTY that the Livonia branch of the American Association of University women is planning for prospective new members on Saturday Oct. 20, so Irene Cameron (left), Martha Jurma and Ann Larkin are getting into the spirit of the occasion. The gathering will take place in Mrs. Cameron's home at 15580 Gary Lane, Livonia, and women interested in joining are invited to call her. A baccalaureate degree is a requirement for membership. (Observer photo by Bob Woodring).

## Octoberfest Carpet Sale

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MRS. BETTY WHITE

## Botsford To Offer Free Diet Classes

Botsford General Hospital, 23050 Grand River, Farmington, will hold a series of free classes for the public on nutrition and diet therapy beginning Tuesday, Oct. 23.

The classes will be held in the dining room in the hospital's Continuing Care Unit, beginning at 9 a.m. Sessions will include time for questions and will be conducted by registered dietitians from the hospital staff.

Interested persons should contact Botsford General Hospital between 8:30 a.m. and 4:30 p.m., Monday through Friday.

Two sessions on weight reduction will be held two Tuesdays, Oct. 23 and Oct. 30. They will cover such areas as why you should reduce, fat diets, diet pills,

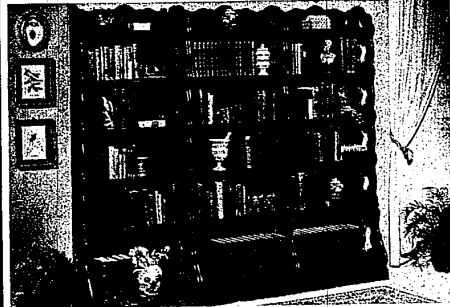
cooking methods to use and eating habits.

On Nov. 6 and 13, sessions will be held on diabetes and hypoglycemia. This will cover diet foods, desserts, mixed dishes, convenience foods and eating out.

One session will be held on the diabetic child, Tuesday, Nov. 20. Diet problems confronting parents and child, parties, snack foods and school lunches will be discussed.

On Tuesday, Nov. 27, low cholesterol and low sodium diets will be discussed.

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