

## At Meadow Brook

# Now it's total fitness

"Tone Up and Tune In," a program based on the idea that physical fitness and

mental well-being go hand in hand, will be offered in two five-week courses beginning next week in the Carriage House program at Meadow Brook Hall, Rochester.

Eleanor Driver, professional counselor, and Shirley Eyer, physical fitness specialist, will coordinate the programs that will be offered Tuesdays beginning March 9

and Thursdays beginning March 11. Each class will be limited to 20 persons. All classes will run from 10 a.m. to 1 p.m. with the \$50 per person cost including luncheon at Meadow Brook Hall. Call the hall for reservations.

The program is described as one that offers an enjoyable and sensible approach to lifting vitality for mind and body. Each part of the program is designed to reinforce the positive effects on the others to help participants build total self-improvement.

Mr. Driver, former head of the OU Continuum center and now a full-time marriage counselor, will help her audience in the "Tune In" portion of the program.

Her method will be responsive interchange, stressing self-awareness and open communication as a means to personal fulfillment and improved interpersonal relationships.

Mrs. Eyer will lead the "Tone Up" sessions with warm-up and stretching exercises, followed by the new aerobic dancing, which incorporates cardiovascular movements that build strength and endurance.

All exercises are done to music. Mrs. Eyer is a graduate of Michigan State University. She has been active in the Boone Prudden fitness program, studied at the LaCona Health Spa in California and has been a fitness instructor since 1962. She is president of Mind & Body Inc. The lunch served each program day is part of the total picture featuring natural foods prepared in gourmet fashion. Mrs. Eyer will show course members how to explore natural textures and colors as another road to better health.



SHIRLEY EYER

## TA for women scheduled

Transactional Analysis Scripting—for Women Only, a workshop designed to help women experiment with new behaviors through physical exercise and discussion, will be offered in Farmington through Oakland University on Saturdays and Sundays, March 6 and 7.

Sandra Landman will teach the course in her office at 34318 Thornbrook Drive under sponsorship of OU's continuum center for adult counseling and leadership training.

The hours are 10 a.m. to 5 p.m. both days, and those interested should call the OU continuum center in Rochester.

Ms. Landman, a clinical provincial teaching member of the International Transactional Analysis Association, said the workshop is based on the idea that "the

mind and body are never very separate."

"We will use exercises to help us get in touch with how we think and feel," she added. "For example, we will experience what it feels like physically to be assertive."

Her inhibitions often affect our muscular reactions in the form of body language. Through the physical, we hope to experience our own power, explore our potential as women and develop options in our behavior.

Topics include the nature of the disease, dietary management and medications and suggestions for coping with everyday problems. They are open to those who have diabetes or have a family member who has the disease. A written statement from the doctor is required for attending and can be presented at the first class. Classes are limited to 20 persons.

Classes are limited to 20 persons.

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## Volunteers

This column describing volunteer needs in Oakland County is co-sponsored by the Junior League of Birmingham and the Oakland County Volunteer Bureau.

Inquiries regarding volunteer needs listed here should be made to the Oakland County Volunteer Bureau at 642-7272. Requests for volunteer listings should also be made through the Volunteer Bureau.

**PROJECT CHANGE.** Try, a community agency dealing with substance abuse and other mental health problems, primarily for youth. Volunteers are needed to assist teenagers with community outreach projects such as plays, environmental projects, etc. Volunteers are also needed in the area of fund raising, public relations and clerical work. The office is open from 9:30 a.m. to 5:30 p.m. Monday through Thursday and from 9:30 a.m. to 4 p.m. Friday.

**AMERICAN RED CROSS.** Oakland Region, needs groups of 15-20 volunteers from a church, club or other organization to work together on house-to-house in the Bloomfield Hills and Pontiac areas. Blood team workers register donors, prepare bulletins, recruit donors to the campaign and work at the campaign. Teams are called once a month to work a six-hour shift. Volunteers are also needed to do office work in the Pontiac office once a week. Hours are flexible. Open Heart Surgery Center are needed at the South Oakland office to make calls in the evening for blood donations.

**OPERATION FRIENDSHIP** is a rehabilitation program for former mental patients 18 years and older. Social gatherings are held for members each week from 11:30 a.m. to 3 p.m. during which lunch is served and a program is presented. Volunteers are needed to socialize with members and participate in activities. The sessions are held in Birmingham on Thursdays and Pontiac on Fridays. Training and sessions are held for volunteers once a month. Volunteers are also needed to provide transportation to and from the sessions for members.

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