# Get-away spa opens in northern Michigan

A 26-year-old Farmington Hills entrepeneur opens a week long spa experience in The Homestead, a waterfront resort near Traverse City.

Michele Meiri, a University of Michigan graduate whose forte is teaching the fundmentals of weight control, is owner and director of The Omni Health Resort that will operate June 13-18 and Sept. 12-17.

"Losing weight doesn't have to be an agonizing or deprivational experience," claims Meiri.

"By increasing self-awareness, eliminating negative stress, and adhering to our excellent eating program, we can control 'binge' eating or other eating disorders.

"Those who experience the 'yo-yo' syndrome, a chronic pattern of weight loss and weight gain, can really benefit from the Omni program, because of its comprehensive approach to appetite control. At The Omni Health Resort, we will work to achieve cosmetic and health goals. And, the intellectual scope of the program will provide the motivation to achieve personal goals as well," she said.

The spa she thinks of as a "getting away from it all experience" is in a north woods setting in Glen Arbor.

GUESTS WILL engage in a supervised exercise program, be pampered by massages, whirlpools and facials.

They will be intellectually stimulated along the way by seminars dealing with stress management, pain control, lifestyle medicine, goal setting " and other thought-provoking subjects," Meiri said.

Aerobics, slow stretch classes, yoga, tennis, aqua-slimnastics and jogging are other items on the week's agenda.

"The result," she says, "is welcoming the emergence of a glowing new you. You will have lost a few pounds, if that was your choice, but more importantly you will have learned how to keep them off."

For each of the two one-week spas she has engaged area experts in their fields to lead the seminars.

Dr. Don R. Powell, president of Health Enhancement Seminars, will talk on stress management, assertiveness, smoking cessation, hypnosis, behavior modification, cognitive coping skills and listening skills.

Dr. Lawrence Power will talk about lifestyle medicine.

Linda Drener, Lynda Goldman, and Lynda Charfoos from Models Guild of Michigan will show new cosmetics on the market, give lessons on the fashion look of the '80s and give wardrobe coordination and analysis.

ART AND ROSE HEMAN, who have become known in this area through their work as instructors for Oakland Community College, come to Omni Health Resort for a seminar in communication techniques, visualization and pain control.

Dr. Curtis Van Voorhees, professor at U-M, will talk about goal accomplishment and how to take control of one's life in another seminar.

Carl Childress, a massage therapist, will be available for massages and several facial specialists will be available to advise guests on make-up techniques and skin care.

Meanwhile, Meiri says, "Treat yourself to one of our meals. The carefully planned menu provides a sensible balanced diet, tantalizingly prepared."

She can be reached by calling 855-5514.

# Children's Center hosts its spring conference

The Children's Center, oldest and largest community-based provider of mental health services for children in Michigan, will present its annual spring conference from 8:30 a.m.-4:30 p.m. Wednesday, May 5 in Cathedral Church of St. Paul, on Woodward Avenue, Detroit.

Two Farmington Hills residents are involved in the conference. Patricia Harkness is the conference chairperson as well as vice president of Children's Center board of directors. Theodore A. Lewis, Jr. is executive director of the Children's Center and will participate in one of the workshop sessions. Patrick Babcock, director of Michigan Department of Mental Health, will be the opening speaker with an address on the conference theme, "Prevention and Treatment of Children and Families in Crisis . . . What Hope for the Future?"

The luncheon speaker will be Inspector Isaiah McKinnon, acting commander of the Fourth District, Detroit Police Department, who will discuss "Sexually Abused Children: Child Pornography, Child Prostitution and Child Abuse."

Joseph Fischhoff, director of psychiatric services at Children's Hospital, will make the day's final address.

Conference-goers will have a choice of 26 workshops, covering a wide range of child and family oriented topics, including effective parenting, motivating children to learn, the abused parent, the black child with learning and behavior problems, violent families, parent educcation for low income families with pre-school children.

Inquiries will be taken by calling the center, 831-5535.


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