

medical briefs/helpline

HEALTH TESTS, INFORMATION

Annapolis Hospital will provide free health tests for persons 60 and older on July 31 at the Senior Citizen and Community Center, 12121 Hemmingway, Redford Township. This free service will include cancer tests and health information on many subjects. For an appointment, call 467-4658.

LAMAZE CLASSES

The Lamaze Childbirth Education Association of Livonia is offering several series of classes this summer. The first follows: Holy Cross Lutheran Church 30650 Six Mile, Livonia, on Saturdays, July 13-Aug. 17 and on Thursdays, July 25-Aug. 29; Faith Lutheran Church, 30608 Five Mile Road, Livonia, on Wednesdays, Aug. 7-Sept. 11; Church of the Savior, 38100 Five Mile Road,

Livonia, on Saturdays, Aug. 17-Sept. 28. Weekday classes are from 7-9:30 p.m.; Saturday classes, 9-11:30 a.m. Classes should be started two to three months before the baby's due date. For information or to register, call 592-8618. Fee is \$38 per couple. Refresher couples are welcome at a reduced rate.

FREE STRESS TESTS

Suburban West Community Center, 11677 Beech Daly, Redford, is offering free stress tests for adults during the week of July 15-19. The tests will give a rough idea as to how stressable you are to stress and whether or not you have a stress prone personality.

Each test is self-administered and lasts about five minutes. Staff members will provide a brief interpretation of the results. No appointment is necessary to take the tests. In addition to the

Redford office, the center has a satellite office at 875 S. Main, Plymouth.

ENCORE MEETS

Encore, the YWCA post-breast-surgery support group, will be meeting weekly throughout the summer months in three different locations.

Times and locations follow: every Monday from 10:30 a.m. to 12:30 p.m. in Dearborn Athletic Club; every Thursday 9 a.m. to 12:30 p.m. in Westland Forum Health Spa; and every Friday, 1-3 p.m. at Miller School, Canton. The program has three components: pool exercise, floor exercise and support discussion. For more information, call Sharon Morris at 722-7329.

EXAMS AVAILABLE

Families with children and young people are invited to take advantage of St. Mary Hospital Family Medical Center's special discounted rates during the month of July for physicals which may be needed for camp, sports or school. The special rates also apply to immunization and completion of health forms. The health center is located at 19355 Merriman Road, one block north of Seven Mile Road in Livonia. For an appointment, call 474-2910 after 8 a.m. Monday through Friday.

MENTAL HEALTH AID

Suburban West Community Center, a non-profit community mental health agency, has announced that its Problems in Living Clinic has limited funds available to pay counseling costs for clients based on their ability to pay.

The Problems in Living Clinic provides outpatient counseling to adults and families for a wide variety of problems including anxiety and depression, marriage conflicts, fertility and adoption, parenting concerns, headaches and pain reduction, sexual functioning, communication, stress management, spouse and child abuse.

The clinic also provides service to adults who have been previously hospitalized or who are currently in crisis, based on their ability to pay.

Suburban West has two locations. The main office is in Redford Township at 11677 Beech Daly (937-9500) and a satellite building in Plymouth at 875 S. Main (881-2665). For more information,

contact either office.

TEEN ASTHMA CLUB

The Teen Asthma Club is an active group of youths who believe that their respiratory condition should not exclude them from sports and social ac-

tivities. The club's sponsor, the Asthma and Emphysema Association of Michigan, can be reached at 555-LUNG for membership or program information. The free program is open to asthmatic youths 12-17 years old.

Stars make show

Visitors can see the stars every Saturday night all summer at Cranbrook Institute of Science, site of the state's only observatory open to the public on a regular basis.

In addition to a multitude of celestial objects for viewing, there will be half-hour observatory demonstrations explaining telescope operation and use of the instrument if the sky is clear.

Jupiter and Saturn are excellent targets all season, and although it was not identified as a planet before 1978 and has been seen by very few people, Uranus possibly may be located low in the sky in Scorpius.

Also in the summer sky are the famous Ring Nebula and Milky Way, dou-

ble stars and great globular clusters containing thousands of stars.

Hours for observatory demonstrations are 10:30 p.m. every Saturday night. There is no charge beyond regular museum admission of \$3 for adults or \$2 for students and senior citizens.

If cloudy skies prevent telescope viewing, the demonstrator explains the operation of the six-inch refracting telescope, its clock drive and dome with Lanthier shutter and window.

Cranbrook Institute of Science, 800 Lone Pine Road, is the Detroit area's natural history museum, open daily except major holidays. It is a division of Cranbrook Educational Community.

Childbirth classes begin here July 30

Lamaze Childbirth Education Association of Livonia begins its series of classes 7-9:30 p.m. Thursdays, beginning July 30 in St. Alexander Catholic Church, 27825 Shilawasee. The classes are for those couples who expect a baby in the fall. The association recommends classes be taken from two to three months before the baby is due.

Classes offer information about pregnancy, labor and delivery, a childbirth film and breathing techniques, relaxation exercises and comfort measures.

The fee is \$32 per couple for the six-week series. Refresher classes are offered at a reduced rate.

All instructors are registered nurses as well as mothers. The association is non-profit and has been active in this area since 1975.

Registration and information is given by calling the association, 592-8618.

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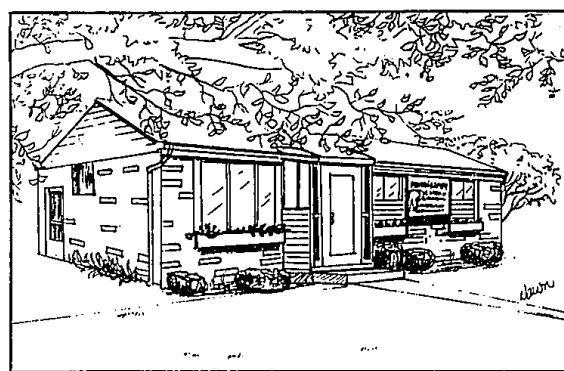
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