

YMCA highlights

These YMCA Highlights appear courtesy of the Farmington YMCA, 28100 Farmington Road, Farmington Hills. For information, call 553-4020.

REGISTRATION — Registration is now going on at the Farmington

FITNESS SCREENING — See

Program focus: transition

"Transition: Working, Risking, Growing," is the theme of the program Saturday, Nov. 1, at the Womencenter, Oakland Community College, Orchard Ridge Campus, Farmington Hills.

Focusing on the tools necessary to turn life's changes and challenges into opportunities for growth, the seminar will offer six workshops.

Keynote speaker will be Carol King, administrative assistant to Detroit City Councilwoman Maryann Maloney.

The workshops will be on:

- Child Custody in Divorce, with Henry Gornbein, attorney, and Cathy Pietrafesa, psychologist, speaking on legal issues and children's concerns.
- Career Planning or Changing Careers, presented by Ruth Grass, Career Center, Oakland Community College.
- Prime Time: Mid-Life Issues,

presented by Natalie Rice, psychologist.

- Teenage Sexuality and Pregnancy, featuring "The Chance Busters," students, with Kathy Irons, program coordinator, Project Choice or Chance, Pontiac Schools.
- Women's Spirituality, presented by a panel of women from the Womencenter — Pat Baum, Diana Dincolo, Rose Kopczynski and Mary White, who will share their insight on the meaning of spirituality in their lives.
- Grieving and Healing Losses, presented by Barbara Wolf, psychologist, of Oakland Family Services.

Fee is \$5 for students, staff and seniors, \$7 for general public. The program will run from 9 a.m. to 4 p.m. Bring a bag lunch. Refreshments will be provided. Free child care is available by reservation. For more information, call 471-7602.

how healthy you are in 15 to 20 minutes. Between 8-10 a.m. Nov. 8, the Farmington YMCA will hold a fitness screening. You will learn your ideal body weight, present blood cholesterol level, resting heart rate, and the heart rate at which you should be exercising for maximum cardiovascular improvement. This is a requirement to take any fitness class. To make an appointment, call 553-4020.

HEALTHY BACK — The Farmington YMCA's Healthy Back course, for people who come from back pain and discomfort, is designed by nationally recognized authority Dr. Hans Kraus. This class teaches stretching, relaxation and strength exercises. A book and a cassette tape are given to each student to enhance learning. Persons under a physician's care must bring a medical release notice to the first class. Register now at the Farmington Area YMCA. Classes begin the week of Nov. 3.

THANK YOU — A special thanks to all who helped in the Farmington Area YMCA Open House.

SENIOR CITIZENS EXERCISE — Seniors in Motion is designed for the mature adult. YMCA-certified instructors lead you through a program of exercise to enhance your fitness level. Co-ed classes meet for

seven weeks and are for adults 62 years and older. Classes begin the week of Nov. 3. Drop into the Y for class times and registration. A special senior discount is offered.

DRIVER'S EDUCATION — Registration is now being taken for driver's education at the Farmington YMCA.

er's education at the Farmington Area YMCA. The instructors are from Accurate Driving School. The program meets Michigan law requirements for driver's education. Students must be at least 15 when class begins and no older than 18. Class begins Nov. 11 and meets from 4-6 p.m. Tuesday and Thursday. For more information, call Sue Brooks, 553-4020.

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