

Datebook from page D4

DIABETES EDUCATION
A three-session daytime educational series to help people with diabetes and their families control the disease. Group meets from 9 a.m. to noon Nov. 1-3 at William Beaumont Hospital, Administration Building lower level - classroom #4, 3801 W. 13 Mile, Royal Oak. Call (248) 551-0952. Participants for day classes should park in the south parking deck which is adjacent to the Imaging Center.

TUE, NOV. 2
SMOKEFREE, YOUR CHOICE
A series of four classes to help you stop smoking at 6 p.m. Sessions include strategies to stay smokefree; stress management techniques; healthy eating and physical activity choices. Register by calling (734) 458-4330.

QUIT SMOKING
A three-session smoking cessation program presented by a team of health professionals including a pulmonary specialist, respiratory therapist and a pharmacist. Group meets from 7-9 p.m. Tuesdays, Nov. 2, 9 and 16 at the William Beaumont Hospital, Administration Building Medical Quality Program Management Conference Room, 3601 W. Thirteen Mile Road, Royal Oak. Call (800) 633-7377 to register. \$20.

DIABETES EDUCATION
Five-class educational series to help people with diabetes and their families control the disease. Group meets from 6-9 p.m. Nov. 2, 4, 9, 11 and 18 at William Beaumont Hospital, Administration Bldg., lower level Classroom #4, 3801 W. Thirteen Mile Road in Royal Oak. Call (248) 551-0952 to preregister.

WED, NOV. 3
ASTHMA AWARENESS SERIES
This three-session program led by a health care professional will provide participants with basic asthma information including asthma triggers, medication dos and don'ts, tools used to monitor asthma and suggestions for

tracking progress. Class meets from 5-7 p.m. \$20 fee.
VAGINAL BIRTH AFTER C-SECTION
Class provides information for expectant mothers considering vaginal birth after a C-section. Meets from 7-10 p.m. Wednesdays, Nov. 3 and 10 at William Beaumont Hospital, Classroom F, 44201 Dequindre Road, Troy. Call (800) 633-7377 to register. \$25.

FIT AFTER FIFTY
This program will present current options in safe, effective exercise for generalized strengthening and cardiovascular fitness geared for the individual over 50. The lecture/participation format will include issues in flexibility and strengthening/conditioning. 7 p.m. Novi Park, Providence Medical Center, Assarian Cancer Center, 47601 Grand River, Novi. Call (877) 345-5500.

FOOD FOR THOUGHT
St. Mary Hospital is offering a class on antioxidants in food. Part of the "Food for Thought," nutrition education program, this session will help participants learn about antioxidants, which foods contain them and how to include them in your menu. Class runs from 7-8 p.m. at the Bentley Center, 15100 Hubbard at Five Mile in Livonia. Cost to attend is \$6, \$6 for those over 55. Registration is requested. For more information call (734) 656-8940.

SAT, NOV. 6
SMOKING CESSATION
Providence Hospital and Medical Center will present a two-hour session which combines the power of hypnosis and behavior modification. Participants learn to stop smoking without weight gain or withdrawals. The first 45 minutes of each session are a free orientation. If the participant feels comfortable with the program, they pay a one-time fee of \$59. This includes a powerful hypnotic session, behavior modification booklet, a home reinforcement audio cassette tape and unlimited free repetitions of the seminar if needed. Call (877) 345-5500 to register. Southfield Providence Hospital, 22250 Providence Dr. (Medical Building) from 1-3 p.m.

repetitions of the seminar if needed. Call (877) 345-5500 to register. Southfield Providence Hospital, 22250 Providence Dr. (Medical Building) from 10 a.m. to noon.

WEIGHT REDUCTION
Providence Hospital and Medical Center will present a two-hour session which combines the power of hypnosis and behavior modification. Participants learn to lose weight by controlling overeating, bingeing, snacking and emotional eating. The first 45 minutes of each session is a free orientation. If the participant feels comfortable with the program, then they pay a one-time fee of \$59. This includes a powerful hypnotic session, behavior modification booklet, a home reinforcement audio cassette tape and unlimited free repetitions of the seminar if needed. Call (877) 345-5500 to register. Southfield Providence Hospital, 22250 Providence Dr. (Medical Building) from 1-3 p.m.

TUE, NOV. 9
DOWN SYNDROME SUPPORT
The Down Syndrome Support Group of Western Wayne County will meet the 2nd Tuesday of each month at 8:30 p.m. in the Plymouth District Library located at 223 S. Main Street in downtown Plymouth (734) 453-0750. Our group welcomes anyone that would like information on Down Syndrome. We host various speakers that address issues concerning raising a child with Down Syndrome including medical needs, speech and language development, physical therapy, mainstreaming/inclusion, living wills & trusts, etc. For information call Michelle Gonzalez at (734) 394-0583 and Angela Malorann at (734) 414-0507.

WED, NOV. 10
WINTER READINESS
Henry Ford OptimEyes will offer flu shots from 9 a.m. to noon at their Westland Super Vision Center (35184 Central City

Parkway). You'll also have the opportunity to "As the Experts" with AAA, Consumers Energy, Westland Car Care and Westland Police. Guest speaker: Dr. Mark Richter from Henry Ford Health System. Call (734) 427-5200 for information.

TYPE 2 DIABETES
Learn the results of two clinical trials that looked at the role of blood sugar control in preventing complications from diabetes. Includes information on new diabetes medications and weight loss aides. Presented by Nasser Ahmad, M.D. Novi/Providence Medical Office Center, 39600 W. Ten Mile at Haggerty. Call (877) 345-5500 for information.

DIABETES SUPPORT
The St. Mary Hospital Diabetes Support Group will meet from 8:30 p.m. to 10 p.m. in the atrium near the Five Mile entrance. Danette Taylor, D.O., Neurology, will be speaking on the topic of Neuropathy of Diabetes. There is no charge to attend. Call (734) 656-8940.

THUR, NOV. 11
BIRTH AFTER C-SECTION
A two part class for those women and their partners who have had a cesarean birth and are planning a vaginal birth for their next delivery. \$45, 7-9:30 p.m. Providence Hospital Southfield, 16001 W. Nine Mile Road, Southfield. Call (877) 345-5500. Second class Nov. 15.

LYMPHATIC/DETOX WORKSHOP
Attend the Ultimate Lymphatic and Blood Detox Workshop with a raw food dinner buffet from 4-7 p.m. The Tree House for Earth's Children, 22908 Mooney St. Farmington. Call (248) 475-0624. Learn the basic principles of anatomy physiology and fluid dynamics of the human lymphatic system; recourent indications and contra-indications for physical, therapeutic intervention with Manual Lymphatic Drainage; learn how to detox the body; discuss deep cellular supplements. 6.5 CEU's available for nurses and for massage therapists. Cost is \$50, single; \$90

couple.
NOV. 10 & 17
BABY SITTER
Part I: Instructions on basic baby-sitting skills, including safety, first aid, infant and child care. Part II: CPR for infants and children. Class for children 13 grades 5-8. \$30/Novi Park, Providence Medical Center, Providence Park, Assarian Cancer Center, 47601 Grand River Ave., Novi. Call (877) 345-5500.

SAT, NOV. 13
GREAT EXPECTATIONS
A seminar for couples who are either thinking of having a baby or are newly expecting. Class from 8:30 a.m. to 2:45 p.m. at Botsford Center for Health Improvement, (248) 477-6100. \$15 per couple; or \$7.50 per person.

CAR SEAT CHECK
Parents can find out if their child is riding safely at a free car seat safety check sponsored by William Beaumont Hospital from 10 a.m. to 2 p.m. at the Hospital's Forndale Health Center, 911 E. Nine Mile Road. Parents must make an appointment to have their car seat checked - call (800) 633-7377.

MON, NOV. 15
CARBONHYDRATE COUNTING
Take a "mock" grocery store tour and learn how to select the best foods for your meal plan. Learn how carbohydrate counting expands your choices for holiday dining. Sample recipes and refreshments. \$5 8:30-8 p.m. Novi Park, Providence Medical Center Providence Park, Assarian Cancer Center, 47601 Grand River Ave., Novi. Call (877) 345-5500.

TUE, NOV. 16
CPR COURSE
A three-hour course providing instruction in single-rescuer CPR for adults and in the signs

and symptoms of heart attack and stroke. Class meets from 6:30-9:30 p.m. at the Beaumont Rehabilitation and Health Center, Classrooms C and D, 746 Parly St., Birmingham. Call (800) 633-7377 to register. \$25.

FIRST AID
Learn how to care for injuries, sudden illness and other emergencies at home or on the job from 6:30-9:30 p.m. at the Mission Health Medical Center - Livonia, 37595 Seven Mile Road at Newburgh. Call (877) 345-5500. Meets MIOSHA requirements for training. Must have a current CPR card and present it in class. \$5 book fee. Class cost, \$25.

THE SOY STORY
Learn about the benefits of soy, different types of soy products and how to cook with soy. \$10. 6 p.m. Novi Park, Providence Medical Center Providence Park, Assarian Cancer Center, 47601 Grand River Ave., Novi. Call (877) 345-5500.

WED, NOV. 17
CAREGIVING OLDER ADULTS
This informative free series is presented by Bharti Srivastava, M.D., senior health specialist. Group meets from 1-2 p.m. at the Canton Summit on the Park, 48000 Summit Parkway, Canton. Call (734) 397-5444.

SUBSTANCE ABUSE COURSE
Madonna University will offer two substance abuse courses this fall. "Chemical Dependency: General Information," will be held on Wednesdays from 7-10 p.m. beginning Nov. 17 through Dec. 15. The course will review the research on substance abuse, different theories of addiction, disease concept of alcoholism and the ethics of the profession. The non-credit fee is \$100. "Substance Abuse and AIDS," will be held on Friday, Nov. 5 from 8:30 a.m. to 5:30 p.m. This course will acquaint students with treatment considerations, methods for reducing high risk behaviors, prevention measures, and high risk groups. The non-credit fee is \$100. To register call (734) 432-5731.

Appliances Bikes Buggs Furniture Sporting Goods Toys Etc. If you have merchandise to sell for under \$500, **Pay only \$19.97 for your ad!**

That's right! Right now, with this special offer, you pay only \$19.97 to sell your used furniture, appliances, sporting goods, bikes—anything you no longer use.

HERE'S ALL YOU HAVE TO DO:

1. Describe your item in 3 lines. Remember, items must total less than \$500 (asking price must appear in your ad).
2. Run your ad for 2 days—Sunday/Thursday or Thursday/Sunday
3. Your cost? 1 low price of just \$19.97. Your savings? A big 55%!

You could say our 3-2-1 plan is as easy as 1-2-3!

THE OBSERVER & ECCENTRIC
NEWSPAPERS
HOMETOWN CLASSIFIEDS

Part of HomeTown Communication Network™
Oakland County: 248-844-1070 Wayne County: 734-591-0900
Rochester Hills: 248-852-3222 Clarkston, Lake Orion, Oxford, Waterford: 249-475-4596
oconline.com

St. Mary Hospital says **THANK YOU** to the **STARS** of our community who played a major role in the success of **HOLLYWOOD NIGHTS VII** held Thursday, October 14, 1999 at Laurel Manor

Starring THE PREPS

Honorary Chairpersons, Governor and Mrs. Engler
Honorary Host and Hostess, Livonia Mayor and Mrs. Kirksey
Toastmaster, Jimmy Lounce

Phs

- Benefactors, Patrons, Donors and Friends
- Sponsors and Advertisers
- Miss Michigan
- Local Celebrities
- St. Mary Hospital Medical Staff
- Participants and Guests
- Volunteers
- Hollywood Nights Committee

Phs

- Gall and Rice Productions, Inc.
- Laurel Manor Banquet and Video Conference Center
- Mariott Hotel - Laurel Park
- Graphic Communications, Inc.
- Observer and Eccentric Newspapers
- Rick D'Inoign Photography
- Time Warner Cable, Inc.
- TruGreen Chemlawn

Benefitting quality care for the community

St. Mary Hospital FOUNDATION
36475 Five Mile Road
Livonia, MI 48154
(734) 655-2980