

MEDICAL DATEBOOK

Items for Medical Datebook are welcome from all hospitals, physicians, companies and residents active in the Observer-area medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150, e-mail hdnrc@com.net or faxed to (734) 591-7279.

and personal trainer with 16 years of teaching experience. Classes run from 6-7 p.m. and 7:15-8:15 p.m. March 1 - April 5. Cost is \$48 for 8 week class; drop-in rate per class is \$10. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

AWAKE
The American Sleep Apnea Association (Alert, Well and Keeping Energetic) will host a discussion on "Surgery for Sleep Apnea, is it right for you?" at 7 p.m. by Dr. Gregory Stephens, D.O. (Otorhinolaryngologist), Garden City Medical Offices Building (Classrooms 34 lower level), 6265 Inkster Road in Garden City. The meeting is free of charge and open to the public. Call 458-3330 with questions.

TUE, MARCH 7
FOOD AND MOOD
Learn how food can affect moods and how moods can affect food choices. Tips and guidelines provided to help with emotion-based eating. Call (734) 827-3777 to register. Class runs from 7-9:30 p.m.

THUR, MARCH 9
HIV/AIDS SUPPORT GROUP
HIV/AIDS heterosexual support group and family sponsored by Friends Alliance and meets the second and fourth Thursday of each month. Aldergate United Methodist Church, 10000 Beech Daly, between Plymouth and W. Chicago in Redford. More information call Kathleen (800) 350-7927.

SAT, MARCH 11
PUBERTY/GROWING UP
"A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up," provides both mothers and daughters ages 9-11 with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. Ann Arbor class from 1-5 p.m. Ann Arbor St. Joseph Mercy Hospital Canton Health Center, 1600 S. Canton Center Road. Call (734) 397-7657.

TUE, MARCH 14
TOURNETTE BOWLA-TION
Bowla-tion for Tourette Syndrome Awareness at 1 p.m. at Vision Lanes (call Debbie (734) 526-8245), Ford Road east of I-275, and Oak Lane in Livonia (call Rhonda (313) 643-1285). Bowlers are asked to pre-register by mail or phone and then turn in donations when you arrive. Bowling includes 2 games, shoes, pizza, pop and prizes. If you don't raise donations you are invited to join in the fun anyway. The fee to bowl is \$6 per bowler (extra game \$1). You must register by March 4. Write TSA, Michigan Chapter Bowla-Tion, 416 Mary, Royal Oak, MI 48073. Or e-mail tasmich@USA.net

WED, MARCH 13
VEGETARIAN NUTRITION
Menu planning tips and resources for individuals of all ages who are already vegetarian and those who are leaning in that direction. Includes hands-on cooking demonstrations. Class runs from 4-5:30 p.m. at St. Joseph Mercy Hospital - Ann Arbor/Briarwood Mall Health Stop (620 Briarwood Circle). Call (734) 827-3777.

YOUNG MOTHER'S SUPPORT
The Young Mother's Assistance Program (YMAP) will host their December support group from 6-8 p.m. at Newburg United Methodist Church (36500 Ann Arbor Trail) in Livonia. For information call (734) 513-7598. Meetings are always held on the second Monday of each month. Y-MAP provides moms an opportunity to meet with other young parents and share feelings and experiences with each other. Speakers are invited to share topics of interest including positive parenting, substance abuse, job search, education and more. Child care is provided by licensed care givers at no charge. A light dinner and refreshments will also be available.

THUR, MARCH 16
REBURIZATION CLINIC
Providence Mission Health Medical Center - Livonia will host an immunization from 4-7 p.m. at 37595 Seven Mile Road in Livonia. Cost is \$5 per child and includes all vaccines your child needs except chicken pox. Don't forget to bring immunization records. Call (877) 345-5500 for information.

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located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

WED, MARCH 15
DYSLEXIA SUPPORT
The Michigan Dyslexia Institute of Detroit Metro Center will meet from 7-9 p.m. at MDI, 30230 Orchard Lake Road (Suite #130) in Farmington Hills. The topic will be Dyslexia: What is it, how is it treated and how important is early intervention? The presenter will be Ann L. Beatty, director, Fellow from the Academy of Orton-Gillingham Practitioners and Educators.

THUR, MARCH 16
ARTHRITIS SELF-HELP
St. Mary Hospital and the Arthritis Foundation (Michigan Chapter) are sponsoring an Arthritis Self-Help Course, Wednesday, March 22, March 29 and April 5 from 1 to 3 p.m. in West Addition Conference Room B, St. Mary Hospital. This course provides arthritis education and skill building to help participants take a more active part in their arthritis care. Persons with arthritis or related diseases such as lupus, fibromyalgia, or scleroderma will benefit from this course. The cost is \$20 per person and registration is required. Classes are limited. St. Mary Hospital is located at Five Mile and Livonia. For more information or to register, please call (734) 655-8940.

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SAT, MARCH 18
PREGNANCY PLANNER
If you're thinking about having a baby or are newly pregnant, come to this pregnancy planning seminar. Presentations will cover a range of topics, including deciding if it is time to start a family, preparing for pregnancy, birthing options and parenthood realities. Optional tour of St. Joseph Mercy Family Birth Cen-

ter. Class from 9 a.m. to 12:30 p.m. St. Joseph Mercy Hospital Education Center, 6301 B. Huron River Drive, Ann Arbor. Call (734) 712-8456.

WED, MARCH 22
ARTHRITIS SELF-HELP
St. Mary Hospital and the Arthritis Foundation (Michigan Chapter) are sponsoring an Arthritis Self-Help Course, Wednesday, March 22, March 29 and April 5 from 1 to 3 p.m. in West Addition Conference Room B, St. Mary Hospital. This course provides arthritis education and skill building to help participants take a more active part in their arthritis care. Persons with arthritis or related diseases such as lupus, fibromyalgia, or scleroderma will benefit from this course. The cost is \$20 per person and registration is required. Classes are limited. St. Mary Hospital is located at Five Mile and Livonia. For more information or to register, please call (734) 655-8940.

THUR, MARCH 23
STRONG DAUGHTERS
Parents of pre-adolescent girls age 5 and up can develop practical strategies to help their daughter achieve and maintain high self-esteem. Learn strategies to counter limiting cultural stereotypes in this six-hour program. Calls runs from March 23 through April 13 from 7-8:30 p.m. at St. Joseph Mercy Canton Health Center - 1600 S. Canton Center Road. Call (734) 398-7657.

HIV/AIDS SUPPORT GROUP
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SAT, MARCH 25
GIRLS IN SPORTS
Even is for girls ages 11-16 who are active in sports, their par-

ents and coaches. Learn ways to reduce girls' risk of knee, joint and muscle injuries while improving strength and stamina. Don't miss special talk by swimmer and Olympic medalist Annette Schwan. Includes breakfast and lunch. Call to register. Classes run from 8:30 a.m. to 12:30 p.m. St. Joseph Mercy Hospital Education Center, 6301 B. Huron River Drive. Call (734) 712-8456.

TUE, APRIL 11 & 18
OMATU
Learn the traditional Japanese method of balancing body energy. Done on the floor over the clothing, this emerging treatment promotes health and well-being. Bring a mat and dress comfortably. Class runs Tuesday, April 11 and 18, from 6-7 p.m. Cost is \$75. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

WED, APRIL 12
YOGA
A series of graceful, slow motion movements for increasing flexibility and tone, improving health and mental outlook. Good for relief from muscular tension and mental stress. Dress comfortable and bring a mat. Your instructor is a certified fitness instructor and personal trainer with 16 years of teaching experience. Classes run from 6-7 p.m. and 7:15-8:15 p.m. April 12 - May 17. Cost is \$48 for 6 week class; drop-in rate per class is \$10. Healing Arts Clinic is located at 340 N. Main Street #205 in Plymouth. Call (734) 207-0557 to register.

THUR, APRIL 20
REBURIZATION CLINIC
Providence Mission Health Medical Center - Livonia will host an immunization from 4-7 p.m. at 37595 Seven Mile Road in Livonia. Cost is \$5 per child and includes all vaccines your child needs except chicken pox. Don't forget to bring immunization records. Call (877) 345-5500.

The people you need will be there, will you?

Observer & Eccentric
NEWSPAPERS
HomeTown
Newspapers

Job Fair 2000

Burton Manor Livonia Wednesday March 29 11 a.m. - 6 p.m.

We continue to receive many positive comments about our first three Job Fairs and want you to experience personally how effective they are. If you've participated in the past, you've already discovered their value to your recruitment program. We're pleased to offer you this opportunity to be part of our fourth Job Fair and save at the same time!

OUR MARCH 29 JOB FAIR IS \$725 and includes:

- One-quarter page ad in our official JOB FAIR supplement with distribution to more than 260,000 homes / An 8-foot skirted table and chairs no booth, please!
- Box lunches for two (2) staffers (additional lunches available for \$12 each)
- Inclusion in all Fair advertising and editorial in The Observer & Eccentric, HomeTown and Mirror Newspapers / Inclusion on our Web Sites promotion of the Job Fair / Radio promotion on 20 stations / An excellent opportunity to meet prospective employees.

To reserve your space or for more information call **734-953-2070**

NEW LOCATION!

BURTON MANOR

Service Drive

NEW LOCATION!

734-953-2070

We must receive your payment no later than March 1, 2000.

Learn more on our website: www.jobfair.com

HomeTown Heroes™
OF OAKLAND COUNTY

Your Observer & Eccentric, Mirror, and HomeTown Newspapers, in conjunction with The Volunteer Place, have established the HomeTown Heroes™ awards to recognize, encourage and reward outstanding volunteers who have given selflessly of themselves to support, nonprofit organizations in Oakland County.

The Volunteer Place will be North Oakland County's new one-stop shop for volunteer recruitment and placement, coming Fall 2000.

HomeTown Heroes™ will honor volunteers in six categories: Seniors (65 and over), Youth (18 or younger), Board/Committee, Direct Service, Faith-based and Business. The business award is sponsored by *Crain's Detroit Business*.

Nominees and awardees will be recognized at a luncheon sponsored by Northern Trust Bank on March 29 at the Townsend Hotel in Birmingham.

NOMINATION FORM

NAME OF NOMINATOR: _____

IF GROUP CONTACT PERSON: _____

ADDRESS: _____

DAYTIME PHONE: _____ FAX: _____

CATEGORY FOR WHICH YOU ARE NOMINATING THE VOLUNTEER:

Senior (65 and over) Board/Committee Direct Service Faith-based Business Youth (16 or younger)

NOMINEE: _____
(Must volunteer for an Oakland County non-profit)

ADDRESS: _____ PHONE: _____

AGE: _____ (If senior, just note over 65)

DAYTIME PHONE: _____ SCHOOL (if applicable): _____

PLACE(S) OF VOLUNTEER SERVICE: _____

YEARS OF SERVICE: _____ AVERAGE NUMBER OF HOURS PER MONTH: _____

TYPE OF WORK PERFORMED: _____

On a separate sheet, please describe, in 100 words or less, why you have nominated this individual for a HomeTown Hero™ award. Entries must be typewritten. CAUTION: The 100-word limit will be strictly applied. Anything beyond the hundredth word will not be presented to the nominating committee. ("a", "and", "an", and "the" will not be counted as words).

Entries must be received by Wednesday, March 1, 2000

Mail forms to: HomeTown Heroes™ Awards—THE VOLUNTEER PLACE
c/o 114 Orchard Lake Rd, Pontiac, MI 48341 or Fax to (248) 858-7112

HomeTown Observer & Eccentric **MIRROR**

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