

MEDICAL  
BRIEFS

## Stop smoking...for good

Better Living Seminars will present a "Breathe Free" stop-smoking program 7:30-9 p.m. Thursday, March 8 at the Plymouth Canton High School Library on Canton Center (south of Joy) in Canton. The seven-session behavioral change program will continue Monday-Friday, March 12-16. Graduation is Tuesday, March 20.

This program has been presented in the Detroit metro area since 1986 and has helped more than 100,000 people quit smoking. Better Living Seminars, a non-profit health education program, was founded by Dr. Arthur Weaver, emeritus professor of surgery at Wayne State University.

"Breathe Free" is paid for by donations. To register, call (734) 416-2940.

## Team Up 2 Save Lives

The Southeastern Michigan chapter of the American Red Cross will team up with WJBK-TV2 and WJR-760, along with sponsor Wallside Windows, to train 1,200 people in lifesaving CPR and automated external defibrillation (AED) March 6-10.

The Red Cross will hold three CPR/AED classes per day at all six Red Cross locations in Wayne, Oakland and Macomb counties throughout the Team Up 2 Save Lives week. Classes are held for four hours with start times of 8 a.m., 1 p.m. and 6 p.m. Anyone older than 18 can register. Call (313) 576-4104 or online at [www.semredcross.org](http://www.semredcross.org). The cost is \$25.

## Nursing home basics

When it is time to place a loved one in a nursing home facility, family members deal with many concerns, including residents' rights to high-quality and dignified services, as well as the future for long-term-care facilities.

In response to that need, the Michigan Public Health Institute has put together a one-hour program and discussion session to help the community learn more about how nursing homes operate. Heartland Healthcare Center-University, 28550 Five Mile between Middlebelt and Inkster roads in Livonia, will sponsor this educational program 3-4 p.m. Wednesday, March 7. Refreshments served. For more information, call (734) 427-8270.

## Looking good with cancer

The McAuley Cancer Care Center of Saint Joseph Mercy Health System will offer the workshop "Look Good...Feel Better" the third Wednesday of each month.

Look Good...Feel Better is for women receiving chemotherapy and/or radiation therapy for cancer treatment. The free workshop includes instruction by a cosmetologist and skin care experts, complimentary cosmetics and tips on wigs, scarves and turbans.

The workshops are held at the McAuley Cancer Care Center, on the campus of St. Joseph Mercy Hospital of Ann Arbor. For more information, call (734) 712-4183.

The McAuley Cancer Care Center also offers a monthly support group exclusively for women diagnosed with breast cancer. The group, which meets 7-8:30 p.m. at the third Thursday of every month at the center, is led by an oncology social worker and nurse. For more information, call (734) 712-2920.

## We want your health news

There are several ways you can reach the Health & Fitness staff. The Sunday section provides many opportunities for you to offer news worthy information including Medical Dateline (upcoming calendar events); Medical Newsmakers (appointments/new hires in the medical field); and Medical Briefs (medical advances, short news items from hospitals, physicians, researchers). We also welcome news worthy ideas for health and fitness related stories.

To submit an item to our newspaper you can call, write, fax or e-mail us.

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