

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: rokoglund@oe.com, or faxed to (734) 591-7279.

ONGOING

ALCOHOLICS ANONYMOUS
Alcoholics Anonymous meets 8:30-9:30 p.m. Wednesday and Sunday, Garden City Hospital (north entrance), 6254 Inkster Road, Alton meeting Sunday only. Call (248) 541-6565 or (734) 778-3415. Noon Tuesday and Thursday, Providence Medical Office Center, 39500 W. 10 Mile (at Hastings), Novi. Call (248) 348-8362. Noon Wednesday, Livonia Mission Health Medical Center, 37695 Seven Mile Road, Livonia. Call (734) 963-1188.

IMPOTENCE
The Impotent Anonymous Support Group meets 8 p.m. the last Wednesday of each month at St. Mary Mercy Hospital, Maternity Professional Building, 14555 Levan, Livonia (Pavilion Conference Room A). For information, call (734) 462-5858.

CAREGIVERS
The Caregivers Support Group meets 7-9 p.m. the last Wednesday of the month at St. Mary Mercy Hospital, Auditorium, 14555 Levan, Livonia. Call (734) 655-8940.

FREE PROSTATE SCREENINGS
Saint Joseph Mercy Hospital will offer free prostate screenings on the fourth Thursday of each month in the radiology oncology department at the McAuley Cancer Care Center in Ypsilanti. Call the Saint Joseph Mercy HealthLine at (800) 231-2211.

ANXIETY DISORDER
Ward Presbyterian Church, corner of Six Mile Road and Hagerty, Northville, sponsors a Panic Attack & Anxiety Disorder Support Group meeting 7 p.m. the first Tuesday of each month. Call (734) 420-8175.

RECOVERY, INC.
Learn how Recovery, Inc. has been helping thousands discover and maintain good mental health for over 65 years. A support group meets at 7:30 p.m. every Monday at St. Matthews Methodist Church, Room 105, 30900 Six Mile Road, Livonia. For more information, contact Nancy at (734) 462-1067.

LYME DISEASE
The Lyme Disease and Chronic Illness Support Group, Western Wayne County meets the third Tuesday of each month at the First United Methodist Church, 3 Towne Square, Wayne. For more information, call (734) 328-3502.

TOPS
Take off pounds sensibly! TOPS #29 of Michigan meets 6-7 p.m. every Tuesday at Newburg Methodist Church, 36500 Ann Arbor Trail (between Wayne and Newburg), Livonia. Call Marie Bailey at (734) 762-0386.

SUN, MARCH 25

ALCOHOLICS ANONYMOUS
Join the Alcoholics Anonymous support group at Garden City Hospital beginning 8 p.m. in celebrating their 24th anniversary. Coffee and cake will be served. The hospital is located at 5245 Inkster Road, Garden City. Call Woody at (734) 729-0520.

TUE, MARCH 27

HUMAN PERFORMANCE
Are you always tired? Exercising but not achieving your goals? Not fully healing after injury? Please join Dr. Davis Brockenshire for a groundbreaking workshop on Human Performance. No charge. 7-8:15 p.m. Tuesday, March 27. Cancer Center for Chiropractic Clinic. Call (734) 465-6767.

ORIENTAL MEDITATION
Come join Falun Gong (aka Galun Dafa) meditation workshop from 7-9 p.m. At the Westland Parks and Recreation Department (36551 Ford Road, Westland). Call 722-7620 or (248) 743-2586. The workshop is free and open to the public. Give yourself an opportunity to be in touch with your inner peace, gain good health, and become better able to cope with stress and deal with conflict.

MARCH-APRIL 9

DIABETES CLASS

To help diabetes 18 years of age and over, St. Mary Mercy Hospital in Livonia is offering a program entitled "Living with Diabetes." This three-week series provides information on self-care and successful management of diabetes 7 days a week, on Mondays and Wednesdays in Pavilion A. Pre-registration is required by March 19. Fee: \$100. Senior citizens 65 years of age and over receive a 10 percent discount. To register, please call (734) 655-8940 or (800) 494-1650.

THUR, MARCH 29

CHIROPRACTIC CLASS
Dr. Patrick Jary will offer "Health Through Chiropractic," a free lecture/discussion on the benefits of chiropractic care 7:30-9 p.m. at Jary Chiropractic, 27527 Joy Road (1/2 block west of Inkster), Westland. He will discuss basic human anatomy, differences between traditional medicine and chiropractic medicine, and how to improve and preserve your health. Seating is limited. Reservations required. Call (734) 522-5501.

SAT, MARCH 31

FEMALE PROBLEMS
Suffering from depression, mood swings, hormonal imbalances, hot flashes, irritability and restless nights? This program includes natural prescriptions for relief of female related problems. Diet and energy work will also be included. Presented by Dr. Mark Roby, N.D. 11:00 a.m. to 12:30 p.m. at BodyWorks Healing Center, 819 N. Mill Street, Plymouth. Cost: \$35. Reservations required. Call 734-416-9200.

PRO-LIFE CONFERENCE
Michigan Nurses for Life and Educational Center for Life will sponsor "Life's Beginnings ... to be or not to be" 8 a.m. to 2 p.m. at the Franco Conference Center, St. Joseph Mercy Hospital - Oakland, 44405 Woodward Avenue, Pontiac. Topics will include partial birth abortion, stem cell research, RU-486 (abortion), and legislative updates. MNFL members \$30; MNFL non-members \$35. Registration deadline is March 21. Call (248) 816-8489.

PMS & MENOPAUSE
Suffering from depression, mood swings, hormonal imbalances, hot flashes, irritability and restless nights? Learn how to overcome PMS and menopause 11 a.m. to 12:30 p.m. at BodyWorks Healing Center, 819 N. Mill Street, Plymouth. The cost is \$35. Reservations required. Call (734) 416-9200. This program includes natural prescription for relief of female related problems. Diet and energy work will also be included. Presented by Dr. Mark Roby, N.D., founder of the Metro Center for Attitudinal Healing.

TUES, APRIL 3

HEALTH THROUGH NUTRITION
Soy, flax, calcium, fruits, grains, nuts, beans - miracle foods or hype? Join registered dietitian Lee McDonagh and parish health nurses at St. Collette Church, 17602 Newburgh, Livonia (between Six and Seven Mile) 7p.m. in the social area. Learn what foods help prevent heart disease, osteoporosis and cancer. Call (734) 464-4436.

PROJECT HEALTHY LIVING
St. Mary Mercy Hospital will host Project Healthy Living from 10 a.m. to 6 p.m. on April 5-6 at Wonderland Mall, Livonia. Basic site tests include blood pressure, vision, glaucoma, health/weight, counseling and referral and health education. The following test are offered for a nominal fee: Comprehensive Blood Panel (22 Profile), \$30; PSA (Prostate Cancer), \$25; CA-125 (Ovarian Cancer), \$25; H. Pylori (stomach ailments), \$15; and Colorectal Cancer Kitz, \$8. Call (734) 655-8947.

THUR, APRIL 5

ALCOHOL SCREENING
Wayne State University's Department of Psychiatry and Behavioral Neurosciences will host a screening day to provide educational materials and an opportunity to talk with a clinician about alcohol use and abuse. The screening will be from 11 a.m. to 2 p.m. April 6 in WSU's Student Center in Detroit as well as from 2-5 p.m. in University Psychiatric Centers (16836 Newburgh Road, Livonia).

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CAREGIVING 101:
St. Mary Mercy Hospital offers Caregiving 101 to help ease the burdens of caregivers responsible for the care of adults with chronic illness or dementia. April 6 from 7-8:30 p.m. "Community Resources" will be the topic in the West Addition B. \$10 per session. Call 655-8940.

SAT, APRIL 7

CANCER SURVIVORS
The Harris/Kehrer Ladies Auxiliary, 1055 S. Wayne Road, Westland, will hold a Cancer Seminar for cancer survivors 1-3 p.m. Please come and share your story. Punch and dessert will be served.

EFFORTLESS LIVING
A talk by Sadhguru Jaggi Vasudev will be held from 2-4 p.m. at the Sokol Cultural Center (23600 W. Warren Road, Dearborn Heights). He is the founder and teacher of a unique form of yoga. A question and answer session will follow. Free and open to the public. Call 975-8910 or visit www.ishafoundation.org

CHEMICAL SENSITIVITY
MCS Friends, a support group for those who have been physically harmed or who have lost someone through death due to chemical exposure, will meet 2-5 p.m. at the Carl Sandburg Public Library, 30100 Seven Mile Rd, Livonia, just west of Middlebelt 2-5 p.m.. For more information or a newsletter, call 248-349-4972.

APRIL 10-12

PROJECT HEALTHY LIVING
All day from 10 a.m. to 6 p.m. at Livonia Mall (29514 Seven Mile, Livonia) Project Healthy Living services will be offered by Rotaford General Hospital. Registration begins near Fanny Farmer. Free services include height/weight, vision, hearing, blood pressure, glaucoma, counseling/referral, nutrition counseling, medication counseling, podiatry, lung function testing, health displays and Ask the Doctor. Optional test for a nominal fee include: Comprehensive Blood Panel (22 Profile), \$30; PSA (Prostate Cancer), \$25; CA-125 (Ovarian Cancer), \$25; H. Pylori (stomach ailments), \$15;

and Colorectal Cancer Kitz, \$8. Healthy Kids & Family Day is April 12. Health screening for school-aged children, prizes, giveaways and raffles. Bonus days are May 9 and 10 at Livonia Mall. Hotline information from 10 a.m. to 3 p.m. is (248) 424-8600.

WED, APRIL 11

DIABETES MANAGEMENT
The Diabetes Support Group at St. Mary Mercy Hospital will host a discussion, "Take Charge: Lead the Way to Better Diabetes Control," led by Marti Funnel, MS, RN, CDE, from 7-8:30 p.m. in the hospital's Auditorium. The group regularly meets on the second Wednesday of each month for adults with diabetes and their family members. A new topic is presented monthly. Free. No pre-registration required. St. Mary Mercy Hospital is located at 36475 Five Mile Road, at Levan Road, in Livonia. Call (734) 655-8940.

THUR, APRIL 12

CAREGIVING 101:
St. Mary Mercy Hospital offers

Caregiving 101 to help ease the burdens of caregivers responsible for the care of adults with chronic illness or dementia. April 12 from 7-8:30 p.m. "Special Skills: Caring for the Person with Dementia" will be the topic in the West Addition B. \$10 per session. Call 655-8940.

SAT, APRIL 14

HEALTH AT YOUR FINGERTIPS
An intermediate class on accurate and vital reflex points will be health from 1-7 p.m. Saturday, April 14 (dinner included) at The Tree House for Earth's Children (22906 Mooney St. Farmington). Learn Stan Burroughs and Bill Kenner Methods. 7.2 CEUs available for nurses and six for massage therapists. Cost is \$50. Call (248) 473-0624.

MON, APRIL 16

ALCOHOLISM AND DRUG DEPENDENCY
To help families struggling with addictive patterns of behavior, St. Mary Mercy Hospital will offer a class, "Drug & Alcohol Addiction Within the Family," 6-

7:30 p.m. in West Addition B. Leading the presentation is James Tumidanski, SWT, MA, who will focus on the basic definitions of chemical dependency, co-dependency and enabling. Treatment options for families affected by the disease of addiction also will be discussed. There is no registration fee. Pre-register by calling (734) 655-2944. Use the Levan Road entrance.

TUE, APRIL 17

PROJECT HEALTHY LIVING
Oakwood Healthcare System and Oakwood Annapolis Hospital will present Project Healthy Living screenings from 10 a.m. to 6 p.m. April 17 at Wayne Community Center (7635 Howe Road, Wayne). Most screenings are free. Nominal fee screenings include: Comprehensive Blood Panel (22 Profile), \$30; PSA (Prostate Cancer), \$25; CA-125 (Ovarian Cancer), \$25; H. Pylori (stomach ailments), \$15; pneumonia vaccine, \$25; aortic aneurysm screening, \$35; heart screening, \$60; and Colorectal Cancer Kitz, \$8. Call (800) 543-WELL.

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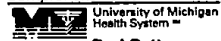
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