

MEDICAL DATEBOOK

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

ONGOING

ALCOHOLICS ANONYMOUS

Alcoholics Anonymous meets 8:30-9:30 p.m. Wednesdays and Sundays, Garden City Hospital (north entrance), 6254 Inkster Road, Alanson meeting Sunday only, Call (248) 541-6568 or (734) 778-3416. Noon Tuesday and Thursday, Providence Medical Office Center, 39500 W. 10 Mile (at Haggerty), Novi, Call (248) 486-9362. Noon Wednesdays, Livonia Mission Health Medical Center, 37693 Seven Mile Road, Livonia, Call (734) 963-1188.

IMPOENT
The Impotent Anonymous Support Group meets 8 p.m. the last Wednesday of each month at St. Mary Mercy Hospital, Maria Professional Building, 14655 Levan, Livonia. (Pavilion Conference Room A). For information, call (734) 462-5858.

CAREGIVERS

The Caregivers Support Group meets 7-8 p.m. the last Wednesday of the month at St. Mary Mercy Hospital, Auditorium 14655 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 Haggerty, Northville, sponsors a Panic Attack & Anxiety Disorder Support Group meeting 7 p.m. the first Tuesday of each month. Call (734) 420-8176.

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 Towns Square, Wayne. For more information, call (734) 326-3502.

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 6245 Inkster Road, Garden City. Call Woody at 1 (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 Brockenhurst for a groundbreaking workshop on Human Performance. No charge. 7:8-15 p.m. Tuesday, March 27, Cancer Center for Chiropractic Clinic. Call (734) 455-6767.

ORIENTAL MEDITATION

Come join Falun Gong (Inka Galun Dafa) meditation workshop from 7-9 p.m. at the Westland Parks and Recreation Department (36651 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

n/a.

DIABETES CLASS

To help diabetes 18 years of age and over, St. Mary Mercy Hospital in Livonia is offering a program entitled "Taking Charge of Living with Diabetes." This three-week series provides information on self-care and successful management of diabetes 7 to 9 p.m., on Mondays and Wednesdays in Pavilion A. Pre-registration is required by March 19. Fee: \$100. Senior citizens 55 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 Jarry will offer "Health Through Chiropractic," a free lecture/discussion on the benefits of chiropractic care 7:30-9 p.m. at Jarry Chiropractic, 27527 Joy Road (12 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 734-416-5200.

PROJECT 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 France Conference Center, St. Joseph Mercy Hospital-Oakland, 44005 Woodward Avenue, Pontiac. Topics will include partial birth abortion, stem cell research, RU-486 (abortifacient), 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 Body Works Healing Center, 819 N. Mill Street, Plymouth. The cost is \$35. Reservations required. Call (734) 416-5200. 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. Collete Church, 17602 Newburgh, Livonia (between Six and Seven Mile) 7 p.m. in the social area. Learn what foods help prevent heart disease, osteoporosis and cancer. Call (734) 464-4438.

PROJECT HEALTHY LIVING

St. Mary Mercy Hospital will host Project Healthy Living from 10 a.m. to 6 p.m. on April 3-5 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 Kits, \$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 5 in WSU's Student Center in Detroit as well as from 2-8 p.m. in University Psychiatric Centers (16836 Newburgh Road, Livonia).

DIASCYING 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 7:30-9 p.m. "Community Resources" will be the topic in the West Addition B. \$10 per session. Call 655-8940.

WED, APRIL 11

DIASCYING 101:

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 7:30-9 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 38475 Five Mile Road, at Levan Road, in Livonia. Call (734) 655-8940.

THUR, APRIL 12

CAREGIVING 101:

St. Mary Mercy Hospital offers

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