

## MEDICAL DATEBOOK

## ONGOING

## ARTHRITIS SELF-HELP

The Arthritis Foundation will host a self-help course 12:30 p.m. Wednesdays through Dec. 12 at Southeast Rehabilitation & Physical Therapy, 26771 West 12 Mile, Suite 103, Southfield. The three week course will meet for two hours to discuss how to talk to your doctor, nutritional habits, depression, exercise, etc. Cost is \$25 for registrant; \$5 for companion. Call (800) 968-3030 or (248) 424-9001 ext. 39.

## MULTIPLE SCLEROSIS

The Multiple Sclerosis Support Group meets 6 p.m. Fridays at the Livonia Family YMCA, 14255 Stark, Livonia. Call (734) 261-2161.

## OVEREATING

Overeaters Anonymous, a support group for compulsive eaters, meets 7-8:30 p.m. Sundays at St. Mary Hospital in Livonia, Pavilion A. Call (734) 655-8940 or (800) 494-1650.

## TOPS

Need help with holiday eating? Join a Take Off Pounds Sensibly support group. TOPS #23 meets 6 p.m. every Tuesday at Newburg United Methodist Church, 36500 Ann Arbor Trail, Livonia. Call Marie at (734) 762-0386.

## MON, DEC. 17

## HOLIDAY BLUES

Learn how to prevent the holiday blues at a special seminar offered by St. Mary Mercy Hospital, Livonia, 6-7:30 p.m. in West Addition Conference Room B. Pre-registration requested. Call (734) 655-2944.

## SAT, DEC. 22

## SANTA CLAUS

Maple Manor of Wayne, a senior retirement community, will offer free pictures with Santa Claus noon to 3 p.m. at 3999 Venoy, Wayne. Optional donations will benefit the Senior Home Chorus Program. Call (734) 727-0440.

## WED, JAN. 2

## MENOPAUSE

Join the Menopause Support

Group St. Mary Hospital in Livonia 7-9 p.m. and share concerns about menopause, mid-life issues and health-related matters. The group meets in West Addition B. Call (734) 655-1100 or 1-800-494-1615 (for out-of-town callers).

## JAN 2-30

## WEIGHT CONTROL

Beaumont Hospital's Weight Control Center holds weekly seminars 1 p.m. Wednesdays for people who are mildly to severely overweight. There is no obligation or charge. The center is located at 390 Park, Suite 300, north of Maple west of Woodward, Birmingham. Call (248) 723-6300.

## JAN. 2, 5, 7, 12 &amp; 22

## BABY SAFETY

Beaumont Hospital will sponsor several one-session classes on "Baby Care and Safety" during baby's first year. Classes will be held in West Bloomfield, Troy, Rochester Hills and Birmingham. Fee is \$25. For times and other specifics, call (800) 633-7377.

## JAN. 3, 7-11 &amp; 14

## STOP SMOKING

The City of Livonia will sponsor its annual "Stop Smoking" clinic conducted by Dr. Arthur Weaver 7:30-9 p.m. at the Civic Center Library, 32777 Five Mile, east of Farmington, Livonia. No set fee is charged, although donations are accepted. The smoker who is serious about quitting needs attend all seven sessions. Call (734) 466-2540.

## JAN. 5, 12, 19, 26

## YOGA FOR MEN

Instructor Michael Rice will offer a series of four yoga classes designed for men of all levels of life experiences 2-4:30 p.m. at Namaste Yoga, 31164 Hagertry Road, Farmington Hills. This course introduces the fundamentals of yoga as an effective process for living the modern multi-

## Holiday 'HOG' Ladies



For a good cause: Members of The Ladies of Harley Motor City Chapter will accept charity donations for their free gift-wrapping service through Saturday, Dec. 22 at Motor City Harley Davidson, 34900 Grand River, Farmington Hills. Donations will benefit the Children's Leukemia Foundation of Michigan. Posing with Santa are club members (from left) Sharyn Hughes of Redford, Debbie Kunewych of Livonia and Pat Kososki of Dearborn. Motor City Harley Davidson owner and chapter sponsor Dick Rose donated the wrapping paper. The Ladies of Harley raised \$1,700 for the Children's Leukemia Foundation last year. Phone (248) 473-7433 for more details.

tasking world. \$100 for all four sessions. Gift certificates available. Call (248) 788-8388.

## TUES, JAN. 6

## SENIOR HEALTH DAY

Senior Health Services of Saint Joseph Mercy Health System - Ann Arbor will present Senior Health day 9-11:30 a.m. at Health Stop in Briarwood Mall, just off I-94 at the State Street exit, Ann Arbor. Dr. Rod Smith will discuss stroke prevention and treatment. Free blood pressure checks, food, gifts and prize drawings. Call (734) 827-3777.

## TUES, JAN. 8

## BREAST CANCER

St. Mary Hospital in Livonia will host the Breast Cancer Support Group 7-9 p.m. in West Addition B. Call (734) 655-1100 or 1-800-494-1615 (for out-of-town callers).

## POSTPARTUM

St. Mary Hospital will host the Mother-Baby Postpartum Support group 10-11 a.m. in West Addition B. Mothers and babies are encouraged to attend this group as a certified lactation consultant will discuss the postpartum period of adjustment. Call (734) 655-1100 or 1-800-494-1615 (for out-of-town callers).

## WED, JAN. 9

## DIABETES

The Diabetes Support Group

meets monthly 7-8:30 p.m. on the second Wednesday in the St. Mary Mercy Hospital Auditorium. Call (734) 655-8940 or (800) 494-1650.

## THUR, JAN. 10

## CFS/FIBROMYALGIA

The CFS/Fibromyalgia Support Group will host Dr. Jacqui Magon from Yoga for Wellness 7

p.m. at the Livonia Civic Center Library. The group meets the second Thursday of each month. Call (248) 346-3164 or visit Web site [www.mihometown.com/oe/CFS-Fibromyalgia](http://www.mihometown.com/oe/CFS-Fibromyalgia).

## JAN. 11-13

## HOLISTIC WEEKEND

Beaumont Hospital will offer a "Weekend of Wellness," a holistic weekend retreat focusing on heart health and wellness at the hospital, 3601 W. 13 Mile (west of Woodward Ave.), Royal Oak. A separate cooking demonstration of healthy foods by celebrity chef Greg Upshur, formerly of Too Chezy restaurant in Novi, will raise funds for Beaumont's children's cancer programs. \$150, includes refreshments and meals. Call (248) 551-2938 for times and specifics.

## TUES, JAN. 15

## HEALTHY HEART

St. Mary Mercy Hospital in Livonia will offer "Take it to Heart," a class designed to clarify the overabundance of heart health information available to consumers 7-9 p.m. in West Addition A. For fee information and to pre-register, call (734) 655-8940 or (800) 494-1650 (out-of-town callers only).

## WED, JAN. 16

## DYSLEXIA AND MATH

W.H. Weidlich, director of the Michigan Dyslexia Institute, will discuss the structure of story problems and strategies for solutions 7-9 p.m. at the Michigan Dyslexia Institute - Detroit Metro Center, 30230 Orchard Lake Road, Suite 130, Farmington Hills. Materials available for sale. Call (248) 737-0044.

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