## Mall from page C6

Mileage: Somerset South, 1/4th mile; Somerset North, 1/3rd mile; length of skywalk, 1/8th mile Coffoe: Starbucks (free), Mrs. Field's Cookies and the Nordstrom coffee bar in Somerset North.

Twelve Oaks

Novi Road, Novi (248) 348-9400 Doors open: 8 a.m. (enter near

Valet parking) Walking club: No

Coffee: Cinnabon

Coffeet Climabon
Milenger, 25 mile on each level
Health: Free aerobic program
(moderately paced) on the upper
level near Lord & Taylor. "Some
really go at it, and some do it sitting in a chair," said Peggy Hayes,
marketing director.

Westland Shopping Center Warren and Wayne Ronds, West-

land (734) 421-0291 (734) 421-0291
Doors open: 7 a.m. Monday-Sat-urday: 8 a.m. Sunday (enter by Olga's Kitchen)
Walking club: Yos. Holds meet-ings 9:30 a.m. the second Wednes-

### Walking tips

day of the month in the lower level. Provides coffee and dough-

personal safety issues related to seniors. The mail provides prizes — T-shirts, water bottles and fanny packs — for accumulating mileage.

Wonderland Shopping Center Plymouth Road and Middlebelt,

oy Health: St. Mary Mercy Hospitai

does bi-annual blood pressure checks. Sign-up for 16-week "Exer-cise Across America" program vellable 8-10 a.m. through Jan. 31

nuis. Mileage: .75 mile

(784) 522-4100 Doors open: 7 s.m. Walking club: Yes, WonderWalk-

Mileage: 1,25 miles

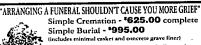
Laurel Park Place and St. Mary Mercy Hospital in Livonia offer the following tips for seniors starting a walking program:

- Consult your physician to rule out any existing health problems.
- Choose proper walking attire. Shoes should have thick, flexible
- Choose a walking partner to make walking more enjoyable and help you stick with your program.

Now that your shoelaces are tled, your partner chosen and you're heading out the door, keep in mind your goals. You should increase the time spent walking every week, targeting a time for maximum speed. The following is a suggested timetable:

Week	Wolk briskly	Total walking time
1 .	5 min.	15 min.
2	7 min.	17 mln.
3	9 min.	19 mln.
4	11 min.	21 mln.
5	13 mln.	23 min.
6	15 mln.	25 mln.
7	18 mln.	28 min.
ġ	20 min.	30 min.
9 .	23 mln.	33 mln.
10	00I	36 min. 2***
11	28 min.	38 min. **
12		40.mln
		The street of the street





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SAME DAY APPOINTMENTS AVAILABLE 



# Menopause from page C1

and alternative therapies including homeopathy, herbs, acupuncture, supplements, mas-sage, and meditation — will be Coffee: Coffee Beanery
Health: Walking club often
schedules guest speakers at their
meetings to discuss fitness and integrated with conventional oaches into his holistic

■ Osteoporosis: Sticks and

■ Ostcoporosis: Sticks and Stones Jeff Kline and Jody Tomasic, Onkwood Rehabilitation Ser-vices, will discuss bone loss after menopause. It is not inevitable. Kline and Tomasic will outline the measures women can take now to prevent bone loss and the possible onset of osteoporosis, including exercise, lifestyle choices, and the importance of calcium and eating right. They'll discuss screenings, posture and

body mechanics as well as man-agement techniques, such as physical therapy for those who have esteoperosis.

have esteoporosis.

you Are Not Alone: A Caring Approach to Bladder Control Problems

Approach to Bladder Control Problems
Dr. Veronica T. Mallet, a subspecialist in uregraecology, Cokwood Haultheare System, will explain how the urinary tract works and discuss the prevalence of urinary incontinence and general organ prolapse as women with helpful gutedines for speaking to their physicians about incentience and explain what kinds of tests should bused to diagnose these conditions. She also will provide

insight into new and exciting treatments.

In Upront: What You Should Know about Breast Cancer
Breast cancer is the leading cause of cancer-related death in women ages 18 through 64, but detected early enough, it's also one of the most treatable of cancers. Dr. Sharon Helmer, Oakwood Breast Care Center, will present risk factors for breast enneer and provide guidelines for mammography and other ding treatment in the prosent cancer can provide guidelines for mammography and other ding treatment therapy has defended by the prosent consider when consider when the prosent risk factors for breast consider when consider when the prosent consider when consider when the prosent consider when the provides will discuss minimally invasive biopsy to the conference is \$35 and includes a continental reaction of the prosent consider when the prosent consideration of the prosent consideration of the prosent consideration of the prosent constitution of the prosent co

insight into new and exciting treatments.

If Upfront: What You Should Know about Breast Cancer. Breast cancer is the leading cause of cancer-related death in women ages 18 through 54, but detected early enough, it's also one of the most treatable of cancers. Dr. Sharon Helmer, Oakwood Breast Care Center, will thoroughly review wood Breast Care Center, will present risk factors for broast cancer and provide guidelines for mammography and other diagrams. The pres and cons of hormone replacement therapy based on the latest research. She will discuss the proposal consider when the pressure of the latest research. She will discuss the proposal consider when the pressure of the latest research. She will discuss the pressure of the latest research. She will discuss the pressure of the latest research.

# Mileage: 1.25 miles Botsford internal medicine grads rank No. 1

Every patient who recoives care at a teaching hospital probably will be treated by a member of the hospital's House Staff.
House Staff is a term that describes physicians who are performing their post-graduate training, both interns and residents. While an attending physician always supervises that care, it is reassuring to know that for the years 1998-2000, the American College of Osteopathic Internists (ACOI) ranked the graduates of the Internal Medicine (IM) residency program at Botsford General Hospi-

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tal, Farmington Hills, above other medical school graduates.

ACOI recognizos excellence among physicians who provide care in the discipline of internal medicine. The ranking is based on IM grads' certification examination scores and their beard certification pass rate.

Of the approximately 55 IM residency programs at hospitals across the country represented in the ACOI ranking, Bostsford's 17 grads not only attained a 100 percent pass rate for board certification, but also the highest scores on the certifying examina-

Program Director.
Previous rankings achieved by
Botsford's IM grads have traditionally been good, but this is
Botsford's first time in the number one alot.
The Botsford Health Care Con-

The Betsford Health Care Con-tinuum is an integrated system of care that includes Botsford General Hospital, the Botsford Physician Network, Community Emergency Medical Service, the Botsford Continuing Care Corpo-ration and the Botsford Centur-for Health Improvement. Bots-ford's Web address is www.bots-ford's Web address is www.bots-fordsystem.org.

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