

Medical

from page C4

relates to unloading the stress on the spine.

■ Become aware of common golf injuries and their prevention.

■ Learn self-stretching and strengthening exercises for home, office or the gym.

■ Review some golf swing faults and their correction.

Guest Instructor Terry Heaton, an orthopedic physical therapist with over 36 years of experience, specializes in the prevention and treatment of injuries related to golf. His articles have appeared in the *Detroit News Golf Guide*, and he recently was certified as a teaching pro by the Professional Golf Teachers and Coaches of America.

Choose the evening most convenient for you and call (248) 380-3550 to register. Wear comfortable clothing and bring a club. Oakland Physical Therapy is located in Providence Park Medical Center, 47601 Grand

River Ave., Suite B124, Novi (at Grand River and Beck Road).

Mind-body medicine

Barbara Ann Karmanos Cancer Institute presents "Mindfulness Meditation" 9:30-11 a.m. every Thursday through Feb. 28 at the Karmanos Cancer Institute Somerset Prevention Center, Troy Somerset Collection, South "Community Room" in the lower level.

Presenter Howard Schubiner, M.D., professor of medicine, pediatrics and psychiatry at Wayne State University, has practiced mind-body medicine techniques for more than 20 years.

Cost is \$50 per session, which may be billable to your health insurance. To register or to get more information, please call Ann Edwards at (313) 745-8266. Space is limited and pre-registration is required.

Shoveling

from page C4

body temperature to a subnormal level. It occurs when a person's body cannot produce enough energy to keep the internal body temperature warm enough. Heart failure is often the cause of death in cases of hypothermia.

Besides cold temperature, high winds, snow and rain also can

steal away body heat. Wind is especially significant because removes the layer of air that body has heated.

At 30 degrees Fahrenheit in a 20-mile-per-hour wind, the cooling effect is equal to calm air at four degrees. Similarly, dampness causes body heat to be lost more rapidly than it would be at the same ambient temperature.

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BUSINESS CALENDAR

WED, FEB. 6

SALES & MARKETING DINNER

Sales & Marketing Executives of Detroit will hold its monthly dinner meeting at the MSU Management Education Center, 811 West Square Lake Road, Troy (between Livernois and Crooks). Reception begins at 6 p.m. Richard T. Hahn, president and CEO of Salion, Inc., will discuss supplier challenges and opportunities in a down market. Tickets are \$45 for individual SME/D members; \$60 for non-members. Advanced registration required. Call (248) 843-6590 or visit www.smedetroit.org.

THUR, FEB. 7

MARKETING SEMINAR

The Farmington/Farmington Hills Chamber of Commerce will present a marketing seminar featuring Jay Conrad Levinson, known as the "guru of marketing," 8 a.m. to noon at the bps Corporate Training and Conference Center, 31301 Evergreen, Beverly Hills. Levinson is the author of the marketing series "Guerrilla Marketing," and writes a monthly column for *Entrepreneur Magazine*. Cost is \$75 for Chamber members and \$125 for non-members. Call (248) 474-3440, ext. 23 or visit www.fhchamber.com.

MON, FEB. 11

ASQ MEETING

The American Society for Quality will meet 6-8:30 p.m. at the Southfield Marriott Hotel, 27033 Northwestern Highway Service Drive, Southfield. Joseph A. DeFeo, CEO and president, The Juran Institute, will discuss the history and future of quality management. Dinner and program \$30. For information, call Jim Armas at (810) 899-5278.

TUES, FEB. 12

CAREER WOMEN

The West Suburban Chapter of the National Association of Career Women will meet 11:45 a.m. at Ernesto's, 41661 Ply-

mouth Road, Plymouth. Adam Taub of Lyngkrip & Taub Consumer Law Group will discuss identity theft. Cost is \$18 for members; \$22 for non-members. Call Brenda at (734) 462-4670.

WED, FEB. 13

WOMEN IN LEADERSHIP

Dr. Ella L. J. Edmondson Bell, an advocate for women's workplace issues, will present "Leadership Issues for Women" 7 p.m. at University of Detroit Mercy, UDM Ballroom, McNichols Campus, Detroit. Bell is the author of *Our Separate Ways: Black and White Women and the Struggle for Professional Identity*. Call Mary Ann Hazen at (313) 893-3366.

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Women:
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Oral Roberts
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