

MEDICAL DATEBOOK

MON, MARCH 18

DEPRESSION WORKSHOP
The University of Michigan Depression Center will offer patients, families and the community an opportunity to learn about depression and gather information about risk factors, treatments, impact on families 6-8 p.m. at the East Ann Arbor Health Center, Lower Level Conference Room. Health care providers from the U-M Depression Center will highlight the most important facts about depression and its effect on different ages. Open discussions will be facilitated at the end of the workshop. \$25 per person; \$30 per family. To pre-register, call (734) 764-0267 or online at www.med.umich.edu/depression. Other dates: May 20 and June 24.

MARCH 18 & 25

ANOREXIA
The Anorexia/Bulimia Support Group meets 7-8:30 p.m. every Monday at Beaumont Hospital, 10th Floor-Classrooms A & B, 3601 W. Thirteen Mile, Royal Oak. Discussions on strategies for recovery and treatment options. Call (248) 551-9200.

TUES, MARCH 19

RESTLESS LEGS
Your boots were made for walking, so make sure you attend the next Restless Legs Support Group meeting 7:30 p.m. at Opti-MEyes, 35184 Central City Parkway (across from Marshall Fields), Westland. Dr. William T. Gurell of Henry Ford Hospital will demonstrate a treatment. Call Jan Prentice, (734) 453-1847.

WED, MARCH 20

DYSLEXIA
Adults and Dyslexia is the topic Dyslexia Support Group meeting 7-9 p.m. at the Michigan Dyslexia Institute — Detroit Metro Center, 30230 Orchard Lake Road, Suite 130, Farmington Hills. Call (248) 737-0044.

CANCER CARE
St. Joseph Mercy Hospital in Ann Arbor will offer "Look Good, Feel Better," a program dedicated to teaching female cancer patients beauty techniques to help restore their appearance and self-image during treatment, noon to 2 p.m. in the SJMH McAuley Cancer Care Center, 2nd Floor Community Room. Registration required. Call (734) 712-4163.

MARCH 20 & 27

WEIGHT CONTROL SEMINARS
Beaumont Hospital's Weight Control Center will hold informational seminars at 1 p.m. Wednesdays for people who are mildly to severely overweight and interested in learning more about the program. No obligation and no charge. The center is located at 390 Park Street, Suite 300, north of Maple Road and west of Woodward in Birmingham. Call (248) 723-6300.

SAT, MARCH 23

ABSTINENCE
Michigan Nurses for Life and Educational Center for Life sponsor a seminar called "Abstinence: Just Do It!" from 8 a.m. to 2:30 p.m. March 23 at Madonna University, Livonia. Registration fees are \$45 for nurses, \$40 for Michigan Nurses for Life members, \$25 for the public and \$10 for student nurses. (248) 816-8489.

LEUKEMIA FUNDRAISER
Join Mike Skupin of "Survivor 2" at Leukemia, Research, Life's 21st annual Evening of Hope. Proceeds benefit pediatric cancer research at Children's Hospital of Michigan. Tickets are \$60. Call Eileen Surma at (313) 581-5647.

MON, MARCH 25

HEART DISEASE
Providence Office Center - NOVI will present "Understanding Heart Disease - Everything you wanted to know but were afraid to ask!" 6:30 p.m. at 39500 W. 10 Mile (at Haggerty Road), Novi. Call (877) 345-5500

THURS, MARCH 28

STUTTERING
A support group for adult stutters meets 6:30-8:30 p.m. at Beaumont Hospital, Administration Building, lower level-Class-

room 3, 3601 W. Thirteen Mile, Royal Oak. Learn coping techniques and how to improve fluency skills. Call (248) 551-0003.

THURS, APRIL 4-25

MEDITATION SERIES
St. Joseph Mercy Hospital in Ann Arbor will offer "Meditation: Explore Your Inner Treasure," a four-week class 5:30-7 p.m. in the McAuley Cancer Care Center, 2nd Floor Community Room. Conducted by Sr. Christa Miri-

ana. Participants learn new ways of paying attention to mind, body and spirit. Registration and commitment to attend entire series required. Call (734) 712-2920.

WED, APRIL 10

EATING DISORDERS
Join Kyral Antares, author of *Finding a Break in the Clouds*, at her new workshop, "The Revolution," 7-9 p.m. at the Neuro-muscular Wellness Center,

38216 W. 10 Mile Road, Suite 6, Farmington Hills. Antares, who has conquered anorexia and bulimia, will share insights and offer solutions based on personal experience. Call Carrie MacGillis at (248) 333-1889 or e-mail: breakintheclouds@comcast.net.

THURS, APRIL 11

IMMUNIZATION CLINIC
St. Mary Mercy Hospital, Livonia, will offer an Infant and Child Immunization Clinic from

5:30 to 8 p.m. WNIC 100.3 radio's afternoon show, featuring Chris Edmonds and Tamie Lockhart, will broadcast live from the hospital from 3 p.m. to 8 p.m. Please bring all available immunization records to be updated. No registration is required. The fee is \$5 per child. Call (734) 655-6940.

SAT, APRIL 13

CANCER RETREAT
The Circle of Care Family

Retreat, held at U-M Matthaei Botanical Gardens 12:30-5:30 p.m., offers patients and families to reflect on the cancer experience. \$10/person or \$25/family. Refreshments. Free childcare for younger children. Call (800) 865-1125 no later than March 29.

HEAD, NECK CANCER SCREENING
Free head and neck cancer screenings will be offered 9 a.m. to noon in the Ear, Nose and Throat Clinic, 8th Floor, Henry Ford Hospital, Detroit. To schedule an appointment, call (888) 734-5322.



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