BOTSFORD HOSPITAL CALENDAR

anic attacks, anxiety and

eandidate and sister-in-law to

Farmington Mayor Jim Mitchell and County Commissioner Terry

Botsford Hospital of Farmington Hills is offering a series of "Mind, Body, Spirit Connection" classes this fall, For more information, call (248) 477-6100 to register or for more information, visit Botsford's Web site.

insomnia.

Gentle Yoga-Six week series
on Mondays: Stretches for
strength, flexibility, relaxation
and energy enhancement
includes breathing and meditainformation, visit societies, site, www.botsfordsystem.org/BCHI Attitudinal Healing-Oct. 14, 7 p.m.: Learn to see things differently and how to let go of painful, fearful attitudes so true healing can take place. Stop the Worty Cycle-Oct. 21, 7 p.m.: Learn techniques to defuse worry and handle the includes breathing and medita-tion exercises.

Individualized Stress

Management-One hour session:
Personalized workshop to assist you in identifying methods to

hosts social events where mem bers and guests enjoy such things as movie nights, road ral-lles, sporting events and dinners. The two main focuses of the

group are leadership develop-ment and community service development.

Their more well-known com-

Their more well-known com-munity service events include the Spring Egg Hunt, the Children Shopping Spree, Holiday baskets, blood drives, honoring the Citizen of the Year and hosting a tree lighting cere-mony at Warner Mansion.

JAYCESS

tough times.

Stress Management SeriesNov. 4 & 11, 7 p.m.: Assess current stress level and explore
techniques for handling stress, reduce stress and anxiety while

reduce stress and anxiety while enhancing performance and health. Used successfully for pain management and cancer therapy symptoms.

Massage for Stress Reduction:
Chair or table massage with options including Reild, acupressure and reflexology, pregnancy massage, massage for couples: Couples learn techniques to help relieve stress, tension, sore muscles, heudaches, backaches and more.
Complementary Medicine Program: Program offers a wide variety of themples including acupressure, Reiki, crunial sacral therapy, reflexology, hypnosis, massage and therapeutic touch. Call for a brochure.
Botsford staff will also make presentations to work or community groups on topics including stress reduction, burmout, change and communication among others. Andrew, Annette Raczkowski; and State Rep. candidate Valerie Knol. Past members include

among others.

Endowment plan dropped

The board of directors of the Farmington Farmington Hills Community Foundation has decided to forgo entering into a state endowment fund plan, because the nonprofit group doesn't meet the requirements. The Community Foundation supports area after-school youth programs and provides grants to other youth-oriented programs.

One of the requirements for state cortification, which would offer donators a state tax break, is that the group must benefit "practically any charitable organization." said labb Heinrich, board treasurer. The Community Foundation focuses its grants on youth and families, Heinrich said.
Originally, the group needed

Originally, the group needed

to raise \$100,000 for the fund by February. The fund uses interest income to support grants, as opposed to ongoing fund-raising. Heinrich said the foundation still plans to make its own endowment fund grow without the state option for tax been-raised at this point, from the Foundation's largest fund-raising, the Cornucopia Ball and the Boundation's largest fund-raiser, the Cornucopia Ball results of the conditions of the foundation is to reach \$1 million in its endowment fund funds and the endowment fund funds and the endowment fund that will hopefully delivers \$30,000-40,000 in dividends to

SALON

FROM PAGE AT

After consultation with her husband, the Cooks decided to get into the commercial real estate business. They had owned, fixed up and sold residential properties for years, so the move wasn't a leap into totally unfamiliar territory.

"I couldn't just totally retire,"

said Nancy, who worked at Longacre Elementary for years. "I had to have something excit-

the business.
One of her clients had asked whether the salon would sup-

port efforts to raise funds for the Juvenile Diabetes Association. So Renee asked everyone whether they'd solicit just a dol-lar extra from their clients, donations recognized with donations recognized with paper running shoes posted in the window. In addition, she solicited donations from neigh-boring businesses all up and down the street. "I have it, my fiancee has it," Renee says of the disease.

Almost everybody you know knows somebody or it's in your family.
Nancy felt the cause was wor-thy, as she also has friends and acquaintances who live with diabetes.

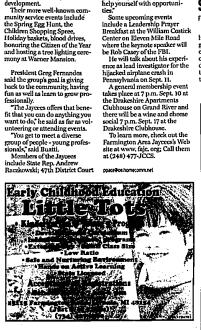
diabetes.
"This, I thought, was worth-while, and the clients seemed to enjoy it," she said.
Ending Saturday, the special promotion raised \$200.
putredJoehonecomnet

and county Sever. "A lot of people use it as a stepping stone," Fernandes said. What you get is you'll meet great people and the ability to help yourself with opportuni-

Now, four stylists and a nail technician contract for space in the long, narrow building. They've all got unique talents, but Rence recently brought something even more special to the business.

TOMMY HILFIGER LAUNDRY BAG YMMOT YHA HTIW HILFIGER MEN'S UNDERWEAR PURCHASE OF 30.00 OR MORE.









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