

ONGOING

Self-Help groups
Anyone seeking information on a variety of self-help groups may visit the Michigan Self-Help Clearing House at the Michigan Protection Advocacy Service Web site.

Grief support
Angela Hoffer offers ongoing grief support groups every second and fourth Tuesdays of the month at the center, 1490 Newburg Road, Livonia.

Bipolar
The HODA/Bipolar Support Group meets 3-5 p.m. the second and fourth Thursday at Beaumont Hospital.

Divorce support
The Women's Resource Center at Schoenfeld College will offer a "Divorce Support Group" 7-9 p.m. the second and fourth Tuesday of each month.

Bereavement
"Together to Share," a grief support group, meets 10 a.m. the first Monday of each month at American House on Middlebelt Road in Livonia.

Overeaters Anonymous
Support group for overeaters meets 1 p.m. every Friday at Providence Park-Novi, 41601 Grand River Avenue, Novi.

Alcoholics Anonymous
Everyone is welcome to Providence Hospital sponsored AA meetings held noon every Tuesday and Thursday at Providence Medical Office Center-Novi, 39500 W. 10 Mile Road (at Haggerty), Novi.

Headaches
Suffer from constant headaches? Join the Headache Foundation Support Group, which meets 7 p.m. the first

Wednesday of the month at Providence Northwestern Medical Center, 30055 Northwestern, Farmington Hills. Call (248) 258-7973. Family members invited.

Gambling
The Gamblers Anonymous Support Groups meets 7:30-9 p.m. Mondays at St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia. In-classroom. Call (734) 455-2914 or (800) 494-0277. Group is open to anyone with a gambling dependency.

Cancer
Join "Focus on Living," a cancer support group offered 9:30 a.m. the first Wednesday of each month at St. Mary Mercy Hospital, Livonia. The group is designed to help cancer patients and families come together to help each other in living with a cancer diagnosis and treatment. Co-sponsored by the American Cancer Society. Call (734) 655-8940 or (800) 494-1650.

Tremor Disorder Support
Shari Finsilver of Orchard Lake leads a local support group for those who suffer from Essential Tremor, a debilitating and incurable movement disorder. The group meets 7-8:30 a.m. on the second Thursday of the month at Temple Israel, 5725 Walnut Lake Road in West Bloomfield. Contact Finsilver at (248) 683-4138 or Finsilver@earthlink.net, or visit www.tremorsupport.com. To learn more about the International Tremor Foundation, visit www.essential-tremor.org or call (888) 387-3667.

Parents Supporting Parents
Parents coping with the loss of an infant through miscarriage, stillbirth or newborn death meet 7 p.m. the first Monday of the month at Providence Hospital-Southfield's, 16001 W. Nine Mile Road, Southfield. Call (248) 649-5342.

Strokes
The St. John Health System-Providence offers a Stroke Support Group 7 p.m. the first Thursday of the month at Providence Park-Novi, 47601 Grand River Ave., Novi. Call (248) 465-4190.

Medicare counseling
Senior citizens with Medicare questions and concerns can get assistance through Beaumont Hospital's Department of Older Adult Services. The department's staff of trained volunteers can provide counseling on Medicare, long-term care insurance, and insurance plans that supplement Medicare. Call Beaumont's toll-free Senior Resource Line at (800) 328-2241 8:30 a.m. to 4 p.m. Monday

through Friday to make an appointment.

MARCH

Anorexia/Bulimia
Beaumont Hospital offers a support group led by recovering or recovered anorexics and/or bulimics 7:30 p.m. Mondays, March 3, 10, 17, 24 and 31. The group meets in the hospital's 5th Floor-Classrooms A and B, 3600 W. Thirteen Mile Road, Royal Oak. Call (248) 551-9790.

Weight control
Informational seminars for Beaumont Hospital's Weight Control program will take place 7 a.m. Tuesday, March 4, 11, 18 or 25; or 1 p.m. Wednesday, March 5, 12, 19 or 26; and on scheduled Saturdays. The seminars are held at the Beaumont Weight Control Center, 4949 Coolidge Highway (north of 14 Mile Road), Royal Oak. The Center specializes in the treatment of people who are mildly to severely overweight.

Breast cancer
Beaumont Hospital's Sharing & Caring program will host a discussion on preventing hormonal treatments for Breast Cancer" 7-9 p.m. Thursday, March 6, in the 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Dr. Nuhad K. Ibrahim, Department of Breast Medical Oncology, M.D. Anderson Cancer Center, Houston, Texas, will be the guest speaker. Coffee and dessert reception to follow. \$10 donation. Reservations required. Call (248) 551-8588.

Natural hormones
The advantages and disadvantages of chemical and natural hormone replacements for men and women will be the focus of an upcoming program at the Plymouth District Library. The free program will be held 10 a.m. Saturday, March 8. Scott Popyk is a registered pharmacist and founder of Health Dimensions, a laboratory pharmacy in Farmington Hills. A 1991 graduate of Wayne State University's College of Pharmacy, he now focuses his practice on custom prescription formulating, having obtained specialty training through the Professional Compounding Centers of America. Register for this program at the Reader's Advisory Desk, (734) 453-0750, press 4 or on the library home page, plymouthlibrary.org.

Yoga
Bottford Center for Health Improvement, 39750 Grand River, Novi, will offer "Gentle Yoga for Beginners" 10:15 a.m. Mondays. The first six-week

session begins March 10; the second begins April 28. The fee is \$55. The class emphasizes stretches for strength, flexibility, relaxation and energy enhancement. Learn techniques to help alleviate insomnia, anxiety and stress. Includes breathing and meditation exercises. To register, call (248) 471-6100.

Thyroid
The Michigan Thyroid Support Group will hold its next meeting, 6:30 p.m. Monday, March 10, at the Plymouth Guest speaker Brad Mallard, of Health Strategies, has over 25 years experience in trauma and emergency medicine, family medicine and herbal/nutritional/integrative medicine. Call Tracy Green at 734-453-7945 or email mlthyroid@yahoo.com or visit our web site at http://community.mlive.com/c/thyroid

Diabetes support
The Diabetes Support Group at St. Mary Mercy Hospital, Livonia, will host a demonstration/discussion on "All About Insulin Pumps" 7-8:30 p.m. Wednesday, March 12 in the hospital's Auditorium. The speakers are representatives from Mini Med, Diabetic and Animas Insulin Pump Companies and Kelly Mann RN, CDE. The Diabetes Support Group presents a new topic on the second Wednesday of each month for adults with diabetes and family members. Parents and children with diabetes are welcome to attend this special program. There is no charge, and pre-registration is not required. Call 734 655-8940.

Falling and Home Safety
St. Mary Mercy Hospital is offering a Community Falls Prevention Program titled "Fall Facts and Home Safety" 1-3 p.m. March 12. Learn the common risk factors associated with falls in older

adults, the consequences of falls on your health and three ways to reduce your personal risk for falls. Free to register, or for more information, call (734) 655-8940, or (800) 494-1650 (out of area callers only).

Menopause naturally
Center for Lifelong Learning, Henry Ford Community College, 22500 Ann Arbor Trail at Warren, east of Telegraph), Dearborn Heights, will host two discussions on hormones by pharmacist Scott Popyk:
Natural versus Synthetic Hormones" 6:30-8:40 p.m. Thursday, March 13. Popyk will describe the role of estrogen, testosterone, and progesterone in managing hot flashes, night sweats, vaginal dryness, insomnia and other symptoms; and present other natural approaches including vitamins, minerals, diet, and herbs. Optional \$10 course book. CEHS 4947 Section 19078 for general public, \$24. CEHSU 4947, Section 19078 for nurses (1.5 nursing contact hours) \$29. To register, visit www.hfcdc.edu/CL2 or call (313) 317-1500 or 317-1504.

Ovarian cancer
Beaumont Hospital's Cancer Center, 3500 W. Thirteen Mile Road, Royal Oak, will host the "One to One Ovarian Cancer Support Group" 4-5:30 p.m. Thursday, March 13. Call Marilyn Brozovic at (248) 597-2710.

Low vision
"Peer Support" offers emotional support, coping skills and information for people with visual problems. The groups will meet 6:30-7:30 p.m. Tuesday, March 18 at Beaumont Hospital's Medical Office Building, 5th Floor, Beaumont Eye Institute, 3535 W. 13 Mile Road, Royal Oak. Call (248) 551-2020.

Autism
Everyday Miracles Autism Support Network will host a discussion, "Special Diets for Special Kids" featuring the author of the book by the same title, 7 p.m. Tuesday, March 18, at Zion Lutheran Church, 143 Albany, Ferndale. Tickets are \$20 for group members and \$25 for non-members. Seating is limited. Advance ticket purchase required. Support group meetings are held at various locations the second Monday and Tuesday of each month. Contact Laury Tedeschi at (248) 398-6220. Online message board available (everydaymiraclesautism@yahoo.com).

Post-polio support
The first meeting of the Southeast Michigan Post-Polio Support Group will be 10 a.m. to noon, Saturday, March 22, at the First Presbyterian Church of Troy, 4328 Livermore. Troy. The church is about a half mile north of Waxies (77 Mile Road) on the east side of the street. Call (734) 455-0788 or (313) 885-7855.

Quit smoking
Oakwood Hospital and Medical Center, 18101 Oakwood Blvd., Dearborn, will host the Wellness Seminar for smoking cessation 10 a.m. to noon Saturday, March 29, in the Kalman Auditorium. The first 45 minutes is a free orientation. If the participant feels comfortable with the program, they pay a one-time fee of \$59. Call (800) 848-2822.

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