

MARCH

Anesthesia/Bulimia
Beaumont Hospital offers a support group led by recovering or recovered anorexics and/or bulimics 7:30 p.m. Mondays. The group next meets March 24 and 31 in the hospital's 10th Floor Classrooms A and B, 3601 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 p.m. Tuesday, March 25, or 1 p.m. Wednesday, March 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.

Grief support
Angela Hospice, 14100 Newburgh Road, Livonia, offers ongoing grief support groups every second and fourth Tuesday. Next meeting is 1 p.m. March 25, and 6:30 a.m. both days. Call Joan Lee at (734) 464-7810.

Breast feeding
The St. John's Health System will hold an open house for the "Breast Feeding Assistance Program" 11 a.m. to 2 p.m. Wednesday, March 26, at Providence Park Medical Center/Novi, Suite C-205, 47601 Grand River Avenue, Novi. Call (248) 465-4256.

Quit smoking
Oakwood Hospital and Medical Center, 16001 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.

Colorectal health
A colorectal health presentation will be offered at St. Mary Mercy Hospital entitled "Colorectal Health" on March 29 from 9:30-10:30 a.m. Registration and a light breakfast starts at 9 a.m. Presenting will be Khalil Hatna, MD, Colorectal Surgery, on topics that include risk factors, prevention strategies, screenings, diagnosis and treatment options of colorectal health. Call (734) 655-8800.

APRIL

Cosmetic surgery
Join Dr. Jennifer Kim, assistant professor of Facial Plastic and Reconstructive Surgery, in a small group discussion of the risks and benefits of facial cosmetic surgery. The presentation takes place 7:30-9 p.m. Thursday, April 3, at the U-M Center for Specialty Care, 19900 Hagerty Road, Room 103, Livonia. Limited to 12.

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Yoga
Botsford Center for Health Improvement, 39750 Grand River, Novi, will offer a six-week session of "Gentle Yoga for Beginners" 10-11 a.m. Monday beginning 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) 477-6100.

ORGING

Self-help groups
Anyone seeking information on a variety of self-help groups may visit the Michigan Self-Help Clearinghouse at the Michigan Protection Advocacy Service Web site. www.mipas.org. If you have a disability rights issue, contact the MPAS at (800) 285-5923.

Bipolar
The MDA-Bipolar Support Group meets 3 p.m. the second and fourth Tuesday at Beaumont Hospital, Administration Bldg., 3601 W. 13 Mile Road, Royal Oak. Call Kathie at (248) 544-1097.

Divorce support
The Women's Resource Center at Shenandoah College will offer a "Divorce Support Group" 7-9 p.m. the second and fourth Tuesday of each month. Call the WRC at (734) 462-4443.

Bereavement
"Together to Grieve," a grief support group, meets 10 a.m. the first Monday of each month at American House on Middlebelt Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Doran Nursing Center on Middlebelt Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland

Thyroid
Michigan Thyroid Support Group will meet 6:30 p.m. Monday, April 14, at the Plymouth Library in downtown Plymouth. Dr. Nurbam from The Center for Holistic Medicine will discuss treatment of thyroid disease. Call Tracy Green at (734) 453-1945 or email thyroid@kcommunitylive.com. Visit Web site at <http://kcommunitylive.com/cthyroid.html>.

Albion
Arbonne International will sponsor a "Women's Town Awareness Seminar" 7 p.m. Tuesday, April 15, at the Canton Summit in the Arts & B Room. Learn how toxins in the environment can cause allergies, hormonal imbalance and sickness. Call Corleen Weaver at (734) 397-7169.

Health fair
Hartford Church's first ever health fair 10 a.m. to 2 p.m. Saturday, April 26. "Spinning into Good Health" is for the whole family. We'll have booths set up throughout our Activity Center and Chapel for things like physical fitness, fire safety, child safety, heart disease and breast information. We'll have hearing evaluations and cholesterol testing and smoking cessation information. There will also be a mass table. Call (734) 414-7777 ext. 225.

Hospice in Southfield. Call (800) 770-9359.

Overeaters Anonymous
Support group for overeaters meets 7 p.m. every Friday at Providence Park/Novi, 47601 Grand River Avenue, Novi. Helpline: (313) 438-HEIP or (248) 474-9456.

Alcoholics Anonymous
Everyone is welcome to Providence Hospital sponsored AA meetings held Monday every Tuesday and Thursday at Providence Medical Office Center/Novi, 39509 W. 10 Mile Road (at Hagerty). Novi Call (248) 348-1362, noon every Wednesday at Mission Health Medical Center/Livonia, 37515 Seven Mile Road, Livonia. Call (248) 953-1958, and 8:30 a.m. every Wednesday at Providence Hospital, 16001 W. Nine Mile Road, Southfield. Call (248) 333-4911.

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 Center, 30055 Northwestern, Farmington Hills. Call (248) 258-1973. Family members invited.

Gambling
The Gamblers Anonymous Support Group meets 1:30-9 p.m. Mondays at St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia, in Classroom 4. Call (734) 655-2944 or (800) 474-0277. Group is open to anyone with a gambling dependency.

Cancer
Join "Focus on Living," a cancer support group offered 7:30 p.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) 655-6940 or (800) 474-1650.

Tremor Disorder Support
Shari Finsler of Orchard Lake leads a local support group for those who suffer from Essential Tremor, a debilitating and incurable movement disorder. The group meets 7:30 p.m. on the second Thursday of the month at Temple Israel, 5275 Walnut Lake Road in West Bloomfield. Contact Finsler at (724) 683-4138 or finsler@earthlink.net, or visit www.tremorsupport.com. To learn more about the international Tremor Foundation, visit www.essential-tremor.org or call (888) 397-3667.

Parents Supporting Parents
Parents coping with the loss of an infant through miscarriage, stillbirth or newborn death meet 7 p.m. the third Monday of the month at Providence Hospital/Southfield, 16001 W. Nine Mile Road, Southfield. Call (248) 849-5342.

Stroke
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) 465-4900.

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 toll-free Senior Resource Line at (800) 328-2241 8:30 a.m. to 4 p.m. Monday through Friday to make an appointment.

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