



**Community Health – Westside  
2007 Fall Calendar**

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To register for Community Health Education Classes/ Lecture Series or for information about associate discounts for classes, contact Physician Finder at our toll-free number: 1-888-440-7325.

[www.stjohn.org](http://www.stjohn.org)



To register call  
1-888-440-7325

For more information,  
visit our website at  
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## St. John Health: New project updates

St. John Health's Vision is to *"deliver the highest quality patient care experience every day, everywhere for everyone."* Major, patient-focused projects across the system are positioning us to carry that Vision into the future:

### New Novi Hospital

The new 200-bed hospital St. John Health is building at Grand River and Beck Road in Novi is part of a comprehensive campus. In addition to the existing 250,000-square-foot medical center and Assarian Cancer Center, it will include a new Medical Office Building and Neuroscience Institute, an Orthopedic Center and Ambulatory Surgical Center, a Wellness Center and a hotel and retail space. The \$224-million project is designed to be a comprehensive health care resource for the entire area. Construction of the new hospital is targeted for completion in summer of 2008.



### St. John Hospital and Medical Center - Van Elslander Pavilion



The Van Elslander Pavilion is a \$163-million, 288,000 square-foot addition to the Moross Road campus. It will feature 144 private rooms, and include the Sheldon Heart and Circulatory Center, Fontbonne Auxiliary Diagnostic Imaging Center (X-ray, MRI, and CT), lab services, and much more! We also

plan renovations in the St. John Guild Emergency Center. The expanded and redesigned Emergency facility will improve patient privacy and satisfaction with private treatment modules; improve ambulance accessibility by relocating the Emergency entrance closer to Moross; and improve customer service with more convenient patient parking. We expect completion of the first phase in September 2007. The Emergency Center project is scheduled for completion in 2009.

### St. John Medical Center - Macomb Township is now open

This 44,000-square-foot facility, located on 23 Mile Road just west of Romeo Plank, will include outpatient surgical suites, 24-hour emergency and urgent care services, an Endoscopy Center, Eastside Pediatrics, imaging services (including MRI, CT, general radiology, and ultrasound), laboratory and pharmacy services. The Ambulatory Surgery Center opened in July 2007.



The site also will include a medical office building designed to house St. John Health specialty physicians, as well as Centers of Excellence for cardiology and oncology. Completion is scheduled for January 2008.



To register call 1-888-440-7325  
For more information, visit our website at [www.stjohn.org](http://www.stjohn.org)

### The Woman's R&R: Refresh & Rejuvenate

Providence will again host the Annual Women's Night Out on Thursday, October 25, 2007 at the Sheraton Detroit Novi. Dr. Debra Hollander of Behavior Medicine and Julie Felicelli, Author/Humorist will present you with The Woman's R&R: Refresh & Rejuvenate. The focus is on you – a woman – a 'natural' caregiver.

Join us for dinner, a fashion show and a program that's sure to lift your spirits and empower you to make positive changes in your life. Take this opportunity to gather together some friends and spend an evening with women in the pursuit of fun, friendship and knowledge. Free hand massage and Tai Chi demonstrations begin at 5:00 p.m. – dinner, fashion show and presentation at 6:30 p.m.

Register by calling Health Connect.

Cost: \$30/ person

### FOR WOMEN ONLY, Seminars Designed With You In Mind

Dinner with the Doc is an ongoing series of evening health discussions that you can attend for free. Each event is held in Southfield at Providence Hospital in the Fisher Center Auditorium. Call Health Connect to register. Parking is free and seating is limited.

#### Options in Childbirth

**Tuesday, August 21**

**6 to 8 p.m.**

From "high-tech" to "home-like" birthing, Dr. Melissa Marback, an experienced, certified Providence OB-GYN, will discuss the many childbirth options available and address your questions.

#### A Woman's Enemy

**Tuesday, September 11**

**6 to 8 p.m.**

You are not alone in this battle. Endometriosis and fibroids are issues that cause difficulties within the lives of women. Dr. Vijayalkshmi Gavin, an experienced, certified Providence OB-GYN, will discuss and provide an overview of these topics and possible treatments available and address your questions.

#### Understanding Breast Surgery and Enhancement

**Tuesday, October 30**

**6 to 8 p.m.**

For women with cancer or who just have an interest in breast enhancement. Dr. Rebecca Studinger, breast constructive surgery specialist, will discuss latest trends and options available to women today.

#### Women Aging with Grace

**Wednesday, November 14**

**6 to 8 p.m.**

Learn about the secret plaguing many women today. Urinary incontinence is more common than you may think, Dr. Robert Dodds, a certified OB-GYN, will discuss and address any questions you may have on the causes and different treatment options available.

### 2nd Annual Women's Health Symposium

Providence Hospital Fisher Center Auditorium, Southfield

**Saturday, September 15, 2007,  
8 a.m. to 1 p.m.**

Join us for an educational program regarding importance of breast health, genetic testing for breast and ovarian cancer. Symposium will cover lung and colon cancer risk as well as smoking cessation awareness. Call Health Connect to register. Parking is free and seating is limited.

### Explore surgical Weight Loss Options at Free Seminars with St. John Physicians

When you're overweight, it affects every part of your life – your mind, your body, your spirit. That's why St. John Health offers a comprehensive weight-loss program addressing the medical, nutritional, behavioral, and surgical factors related to weight loss.

Board-certified St. John surgeons will lead free seminars and will discuss all the medical and surgical options available for weight loss and answer questions.

Call 1-866-823-4458 for seminars dates and locations that are convenient for you, or go to [www.stjohn.org/weight-loss/seminars](http://www.stjohn.org/weight-loss/seminars).

## Cancer Education and Support

### The Providence Cancer Institute

The Providence Cancer Institute focuses on the individual needs of our cancer patients – physically, emotionally, and spiritually. Classes in yoga, music therapy, art, ceramics, meditation, spirituality and exercise are offered to oncology patients and their caregivers. Appointments for massage therapy and Reiki are also available. For more information about our programs, please call: **Providence Cancer Center, Southfield: (248) 849-3321 or Assarian Cancer Center, Novi: (248) 465-4300**

### Cancer Support Group

The outpatient oncology social work department leads a variety of support groups for cancer patients and caregivers to attend. For information about groups that are currently meeting, call Jennifer Gillette at (248) 849-3243.

### Annual Prostate Cancer Screening

Participants will receive a Digital Rectal Exam and a PSA Blood Test. **Providence Cancer Institute: September 22, 2007, 9 a.m. - 12 noon.** For more information call (248) 849-3183.

### Providence Cancer Institutes 2nd Annual Women's Health Symposium

**Saturday, September 15. Fisher Auditorium: 8 a.m. - 1 p.m.** For more information call (248) 849-3243.

To register call  
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## Look Good, Feel Better

The American Cancer Society holds this program for patients that are currently under treatment for a cancer diagnosis. Patients will learn about skin care, wigs and ways to work with make-up to look and feel their best. Classes are held every other month and alternate between our Southfield and Novi Cancer Centers. For registration information, call **(248) 849-3243 for Southfield or (248) 849-5543 for Novi.**

## Healing Arts

### OPEN TO THE PUBLIC

Providence Center for the Healing Arts provides a variety of programs that help to integrate mind, body and spirit for better health. The programs address wholeness, wellness and living life in balance and are open to the greater community. Most programs are offered in the Assarian Cancer Center. For more information call (248) 465-5455.

### Creative Arts Studio Workshop

A variety of short workshops and classes are offered in the Creative Arts studio by guest and visiting instructors. Classes vary from month to month but may include mosaics, beading, candle making, painting, paperworking and more. Materials fees apply. Please call for current listing. 248-465-5455.

### Boost Camp Day

A daylong retreat for those interested in exploring new dimensions of wholeness, health and living well. This retreat is designed to provide participants with the tools, information and perspective toward living life in balance. CEU credit may be available. \$50 (includes materials). For registration, call (248) 465-5455.

## Ceramics

The art of playing with clay! Escape the everyday routine and explore your creativity with a three-dimensional art form. Wheel throwing lessons are available. Special workshops are held throughout the year. \$10/session. Contact us for an appointment at (248) 465-5497.

### Novi Assarian Cancer Center:

Tuesday and Wednesday:

10 a.m. - 3 p.m.

Thursday: 11 a.m. - 3 p.m.

Friday: by appointment.

### Colored Pencil Workshop

Join Gilda's club member Nancy Duke as she provides introductory instruction to colored pencil rendering. \$2 Materials fee.

To register call (248) 465-5455.

**Novi:** 2nd Tuesday of each month, 1 - 3 p.m.

### Knitting' Yarns

Join others and create handmade shawls for those in need. Your handiwork will be of comfort, hope and peace. The knitters also create hats for cancer patients. Beginners are welcome! Drop in or call (248) 465-5455 for more information.

**Novi:** Wednesday, 1 - 3 p.m.

### Tai Chi

Experience the pleasure of introductory Tai Chi Chuan! This ancient Chinese exercise promotes flexibility, balance and strength.

Take time out of your day to focus on yourself and your health. Everyone is welcome. Drop in or call (248) 465-5497 for registration. \$5/session.

**Novi:** Thursday, 10:15 - 11 a.m.

### Therapeutic Massage

Therapeutic massage is shown to be effective on a wide range of conditions including stress and tension, chronic fatigue, pain and headaches. All therapists are Nationally board certified professionals. Massage is available at our Novi location. Cost is \$50 for a 50-minute massage. Hours have expanded. Call for an appointment at (248) 465-4300.

## Meditation

Everyday life can stress you out. Please join us for a one-hour meditation session in the beauty and serenity of the reflection space at the Assarian Cancer Center. Learn proper breathing techniques and meditation tools that can be used at home or on the job. Mats are suggested but not required. Fee is \$3 per class, drop-ins welcome. For more information please call 248-465-5455.

**Assarian Cancer Center**

Thursday: 11:15 - 12:15 p.m.



## Art Gallery

The Assarian Cancer Center is home to a professional art gallery featuring new exhibitions by different artists every other month. Stop by and take a look at our latest exhibit. For more information please call 248-465-5455. The Nancy A. Fox Art Gallery is open Monday through Friday, 8 a.m. - 4 p.m.

## Yoga

If you are interested in battling fatigue, calming your nerves or reducing stress, this is the class for you. \$10 drop-in or \$80 for a 10-class punch card. To register call (248) 849-8538 or (248) 465-5478

### Novi:

*Yoga for Backs*

Monday, Wednesday and Friday:  
12:30 - 1:30 p.m.

Thursday: 6:05 - 7:05 p.m.

*Prenatal Yoga*

Thursday: 5 - 6 p.m.

### Southfield:

*Yoga for Backs*

Monday: 5:30 - 6:30 p.m.

Thursday: 1 - 2 p.m.

To register call 1-888-440-7325

For more information, visit our website at [www.stjohn.org](http://www.stjohn.org)



## CPR & First Aid

### ACLS Courses

Providence Hospital Community Training Center offers ACLS Provider & Reverification courses. Cost is \$300 for the Provider Course and \$150 for the Reverification courses. For times, dates and registration information, call (248) 465-4221 for ACLS only.

### BLS for Healthcare Providers

This is the American Heart Association (AHA) certification course for healthcare providers. It includes one & two-rescuer adult and pediatric CPR, use of the bag & mask, foreign-body airway obstruction, and automated external defibrillation (AED). Participants will receive an AHA "Healthcare Provider" card upon successful completion. Fee: \$65. For more information and registration call the number at the top of the page.

#### Livonia:

September 13, October 11,  
November 29 and December 13,  
9 a.m. - 1 p.m.

### CPR "Family and Friends" for Infants-Part 1

This is the AHA course for non-healthcare providers (no certification given) ages 12 and older who want to learn basic CPR and foreign body removal (choking) techniques for infants. (Register separately for Part 2 "Adults and Children" which immediately follows Part 1 - see below) Fee: \$20 per person. For more information and registration, call the number at the top of the page.

#### Livonia:

September 13, October 11,  
November 29 and December 13,  
6 - 7:30 p.m.

### CPR "Family and Friends" for Adults/Children-Part 2

This is the AHA course for non-healthcare providers (no certification given) ages 12 and older who want to learn basic CPR and foreign body removal (choking) techniques for Adults & Children. (Register separately for Parts 1 & 2, see above). Fee: \$20 per person. For more information and registration, call the number at the top of the page.

#### Livonia:

September 13, October 11,  
November 29 and December 13,  
7:45 - 9:15 p.m.

## Heartsaver First Aid

This is the AHA course designed for emergencies in the workplace. Participants (teachers, businesses, Scout leaders, coaches, parents, etc.) learn to recognize emergencies and give basic first aid. This course does not cover CPR. A current CPR card is required for First Aid certification. Fee: \$50. For more information, call the phone number at the bottom of the page.  
**Livonia:** September 12 and November 14, 6 - 10 p.m.

## Heartsaver AED (Automated External Defibrillator)

This is the AHA course for non-healthcare providers and/or individuals who need to learn basic CPR and AED for non-healthcare work requirements (no certification given.) Includes basic CPR and foreign body removal (choking) techniques and use of AED. Fee: \$45. For more information, call the phone number at the bottom of the page.  
**Livonia:** September 10, October 8, November 28, December 10, 6 - 9 p.m.



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## Diabetes Education

### Joslin Diabetes Center - Outpatient Education

Recognized by the American Diabetes Association and certified by the Michigan Department of Community Health. Fees covered by most insurance plans with a physician referral. Day, evening and weekend appointments available in Southfield and Novi. For more information, call the number at the bottom of the page.

#### Life with Diabetes

Are you overwhelmed with the thought of having diabetes? Do you have questions what/when/how much to eat? When to test? Exercise? New meds? Come and learn the most current guidelines for self-management of diabetes with a Certified Diabetes Educator (CDE)/Dietitian during a small informal group class. Fee: \$20. For more information, call the number at the bottom of the page.  
**Novi:** October 16, 6 p.m.

## For Kids Only

### Open Arms Grief Support Groups

Open Arms serves children and teens from ages 3-17 who have experienced the death of a loved one due to accident, illness, suicide or murder. Parents or caregivers can also participate in support groups to address the issues of raising children after a traumatic loss. For more information, call the number at the bottom of the page.  
**Westside:** Monday, 6 - 8 p.m. and  
**Eastside:** Thursday, 6 - 8 p.m.

### Surgical Preparation for Children

The Providence "Sally the Surgery Star" program is designed to familiarize your child with the surgical experience. A tour is included. For more information and registration, call the number at the bottom of the page.

## Health Promotion Services

### Faith Community Partnerships

Parish Nursing/Health Ministry wholistically addresses the needs of your faith community. St. John Health provides a Faith Community Coordinator to assist all faiths in developing a Health Ministry. For more information and registration, call the number at the bottom of the page, or visit our website at [www.stjohn.org/communityhealth/](http://www.stjohn.org/communityhealth/)

### Healthgate

Log on to our website at [www.stjohn.org](http://www.stjohn.org) and click on Health Information in the site menu to access up-to-date information on a variety of health and wellness topics.

### St. John Health Connect

Let us help you find a family doctor or specialist. We'll assist you with specific requests for providers by location, type of insurance, etc. Please note our toll free phone number: 1-888-440-7325.

### Speakers Bureau

Interested in a speaker to present a health care topic for your club or community organization? We would be happy to arrange one for you through our professional speakers bureau. For more information, call 1-888-440-7325. A MINIMUM OF FOUR WEEKS NOTICE IS REQUIRED.



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## Healthier Living

### Cardiac

These classes are offered by the Providence Heart Institute.

All classes are a half-hour. For information regarding these classes, call the number at the top of the page.

#### Exercise Guidelines

How to incorporate exercise into your life. Includes tips on warm-up, stretching and guidelines for proper exercise. FREE  
**Novi:** November 5, 5:30 p.m.

#### Stress Management

Learn to identify stress and ways to deal with it. FREE  
**Novi:** October 22, 5:30 p.m.

#### Understanding Heart Disease

Includes signs and symptoms, risk factors, and how to avoid heart disease. FREE  
**Novi:** October 29, 5:30 p.m.

#### Risk Factors

Come and join us for an informative class on the main risk factors of heart disease. FREE  
**Novi:** September 17 and November 19, 5:30 p.m.

### Walk for Health at the Mall

St. John Health partners with local shopping malls to promote walking as a great form of exercise.

**Northland Mall Pacers:** free blood pressure screening on the 3rd Monday of each month from 8 - 10 a.m. located at the Food Court.

**Universal Mall Cruisers:** free blood pressure screenings and health education programs offered on a rotating basis. Enter by Value City at the rear of the mall.

**Macomb Mall:** free monthly blood pressure screenings and education on the 3rd Wednesday of each month from 8 - 10 a.m.

**Eastland Mall:** free monthly blood pressure screenings on the 2nd Wednesday of each month from 8:30 - 10 a.m. located at the Food Court.

### Complementary Therapies

St. John Health is pleased to introduce integrative and complementary medicine programs now available in Southfield and Novi. Programs include a full line of body-based complementary medicine services. Now you have the option to combine these new services with the traditional medical care you are already receiving. We are committed to offering you a wide range of knowledge and tools to support you in the process of whole-body health and healing. For information and registration, call (248) 849-8423.

#### Chair Massage

This 10-15 minute massage is great for a quick-release of those stress-holding muscles of the neck, shoulders, and back. Scheduled for groups of 5-10 people in 2-hour blocks. A great way to show appreciation to your office staff or friends. \$60/hour. For information and registration, call the number at the top of the page.

### Therapeutic Massage

Therapeutic massage has shown to be effective in a wide range of conditions including stress and tension related problems, pain, muscle spasms, and much more. Reflexology and Aromatherapy available at no extra cost. \$50/session (\$45 for St. John Associate). For information and registration, call the number at the top of the page.

### Upledger-CranioSacral Therapy for Infants, Children and Adults

CranioSacral therapy is a gentle hands-on method of evaluating and correcting imbalances in our cranio-sacral system. Our therapists have received extensive training from the nationally recognized Upledger Institute. This therapy enhances the body's natural healing processes and has shown to be effective for a wide range of conditions. In children, the therapy has shown to be effective in the treatment of colic and digestive problems, torticollis, motor problems, autism, chronic ear infections and other conditions. \$60/session. For information and registration, call the number at the top of the page.

### Somato-Emotional Release

This one-to-one private session is a dynamic therapeutic process that expands on the principles of CranioSacral Therapy and works to help free the mind and body of the residual effects of past injuries, trauma, and negative experiences. \$60/hour session. For more information or to set up a private session, call the number at the top of the page.

## Feldenkrais – Functional Integration

This one-to-one private lesson is the most direct way of experiencing results with the Feldenkrais Method. The Feldenkrais Practitioner uses slow, gentle touch to guide you through a series of precise movements that help to relax tense areas. Lessons are especially useful for people with recurrent difficulties in movement or posture brought on by stress, misuse, accident or illness. Lessons are equally beneficial for people who want to perform and feel better physically and mentally. \$60/hour lesson. For more information and registration, call the number at the bottom of the page.

## Reduce and Manage Stress Through Mindfulness Meditation

This 6-week program is designed to reach those who desire to gain more control over their physical and emotional well-being. Mindfulness meditation is a form of practice that helps individuals reduce stress through simple mental techniques, such as paying attention to the present moment and learning to respond, rather than react to life events. Classes are taught in small groups in a supportive environment. Participants in this class find that they can reduce stress, improve wellness, reduce pain and anxiety, and develop greater self-awareness and appreciation for life. Fees are based on a sliding scale. Please call (248) 849-4728 for more information.



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## The Mind Body Medicine Center at Providence Hospital

This unique program offers an alternative approach to chronic physical ailments such as back pain, neck pain, sciatica, whiplash, tendonitis, abdominal pain, irritable bowel syndrome, tension and migraine headaches, pelvic pain, bladder disorders, insomnia and other conditions. The director of this program, Howard Schubiner, MD, is a specialist in the connections between the mind and body and has created a program of individual assessment and group seminars to help people cure themselves of some chronic disorders by recognizing the role that mental stress and unconscious reactions play in the development and perpetuation of chronic symptoms. This program is based on the work of Dr. John Sarno and is the only one of its kind in Michigan. Dr. Schubiner offers a quarterly education lecture on the role of the mind in health and the Mind Body Medicine approach. Contact Dr. Schubiner at (248) 849-4728 for more information.

## Nutrition/Weight Loss

### Outpatient Nutrition Management

Personalized nutrition counseling by appointment. Please call the number at the bottom of the page for an appointment and fees. Locations in Livonia, Novi and Southfield.

### Body Fat Analysis

Have your body fat analysis done by a registered dietitian. You will receive a full printed report with recommendations for exercise and diet to promote health. For an appointment, fees and more information, please call the number at the bottom of the page.



Get a **free Go Red for Women kit**, full of heart-healthy information, diet and exercise tips, coupons, recipes and a commemorative “red dress” pin, symbolizing the fight against heart disease in women. Call **1-888-440-7325**. Supplies are limited.

## Pounds Off With Empowerment

This monthly weight loss and health education class is offered FREE of charge. Each class will feature a weigh-in, blood pressure check and discussion of the DASH diet plan. There will also be special topics discussed each month – high blood pressure, diabetes, cholesterol, exercise. There will be no class in December. If Detroit Public Schools are cancelled due to bad weather the Power Class will be cancelled. For more information and registration, call the number at the bottom of the page. FREE.

**Thea Bowman Community Health Center:** September 26, October 24, November 28, 2007 and January 23, 2008, 5 p.m.

## Waist Matters

Learn how to meal plan and count carbohydrates for control of blood sugar levels and also for those interested in weight loss. This session is with a registered dietitian. \$20 fee. For more information and registration, call the number at the bottom of the page.

**Novi:** September 19, 1 p.m.

## Weight Loss Program–Greenberg

This program combines behavior modification techniques with the power of self-hypnosis to help change your way of thinking regarding weight loss. First forty-five (45) minutes is a free orientation. Fee: \$69. Fee for St John Health associates: \$35 (including the take home toolkit and free reinforcement for one full year). For more information and registration, call the number at the bottom of the page.

**Livonia:** October 15, 3 p.m. or 6:30 p.m.

## Weight Management Education

Bariatric Surgery: Is it Right for You?

Have you tried several methods to lose weight unsuccessfully? Are you confused about what options are available to you?

Please join one of our board-certified bariatric surgeons to learn more and get answers to your questions. Our surgeons have performed over 5,000 successful procedures and use all the current surgical weight-loss techniques.

Free seminars are held at several locations and dates throughout the month. Featured physician speakers are Mustafa Hares, MD; Gary Katz, DO; Alfred Schneider, MD; and Michael Schuhknecht, DO.

Call the St. John Weight Loss Center at 1-866-323-4458 for a seminar date and location that is convenient for you, or go to [www.stjohn.org/weightloss/seminars](http://www.stjohn.org/weightloss/seminars).

## Pregnancy, Childbirth and Infant Care

### Alternative Birth Center – Southfield

Want information about the home-like birth options for low risk women? The Alternative Birth Care Center offers an orientation class twice a month, a four-week childbirth preparation class, and a refresher class. The classes are geared toward a low intervention, wholistic labor and birth, in private, home like rooms, where the use of tubs and showers as well as freedom of movement during labor is encouraged. For more information, or to register for classes call 248-849-3348.

### Baby Care Basics

Concerned about how to adapt to life with a baby? This class provides practical information about bathing, feeding, safety, health care, and more. Sessions offered monthly. \$20/couple. For more information and registration, call the number at the top of the page.

**Livonia, Novi and Southfield**

To register call 1-888-440-7325

For more information, visit our website at [www.stjohn.org](http://www.stjohn.org)

### Breastfeeding Assistance Program

Appointments available with lactation consultants to help nursing mothers with concerns and questions about breastfeeding their newborn after they leave the hospital. Breast pump rentals, supplies, prenatal consults and support are also available. Bra-fitting services and maternity/nursing bras are available. Free telephone consultations provided. For more information and registration, call (248) 849-2799.

### Breastfeeding Preparation

This class provides information and encouragement to expectant mothers as they prepare to breastfeed their infant. Classes offered monthly. \$20 fee. For more information and registration, call the number at the top of the page.

**Novi**

### C-Section Class

This is a class to prepare parents for the birth of their baby at Providence Hospital, via C-Section. Fee \$20 for more information and registration; call the number at the top of the page.

### Childbirth Education

Four-week series designed to prepare the pregnant woman and her support person for the birth experience. A tour of the birthing area is included. \$60. For more information and registration, call the number at the top of the page.

**Farmington Hills/NW, Livonia, Novi and Southfield**

**NEW**

### Pre Surgical Class for Women having GYN Surgery

Come and have your questions answered and get a tour of the hospital, and the Pre Surgical area. Call 248-849-3348.

### Childbirth Refresher

This class is designed for the woman and her partner who have attended childbirth classes during a previous pregnancy. It provides a review of the birth process and techniques for dealing with labor and birth. \$20. For more information and registration, call the number at the top of the page.

### New Mom's Support Group

An informal opportunity for new mothers to meet and discuss parenting topics. For more information, please call the number at the top of the page. **Southfield:** Every 4th Thursday of the month, 10 a.m.

### New Life Center Tours

Tours include labor, delivery, and post-partum.

**Southfield**

To register or for more information, please call the number at the top of the page.

### Nurse Navigator

Providence has a nurse that can help with your health concerns, whether it is an illness, or information for optimum health. She can provide physician referrals, or insight into the many programs that the hospital offers, so that you can find just what you may like. If you have a question. ASK OUR NURSE NAVIGATOR. Call our Women's Services Healthline at 1-800-806-2229 or (248) 849-3348.

### Pre Natal Exercise Class

Come and join our Certified Pre Natal Exercise instructor for a six-week fun-filled class that will keep you fit during your pregnancy.

**Novi:** November 5, 7 p.m.

**Southfield:** September 18, 7 p.m.

Fee: \$60. To register or for more information, please call the number at the top of the page.

## Pre-Natal Yoga

Join our prenatal yoga class today and have fun. Become healthier, limber and toned during pregnancy. Learn breathing techniques for a more positive labor and birthing experience. \$10 for walk-in, \$80 for 10 classes or \$45 for 5 classes. Call 248-465-5478 for more information.

### **Assarian Cancer Center:**

Beginning September 6, 5 - 6 p.m.

## Someone New to Love – Sibling Class

Becoming a “Big Brother or Sister” requires preparation too. Questions such as “What happens to mom in the hospital?” and “How long will the baby be staying with us?” will be addressed. Hospital tour also. Class open for children ages 3-11.

An adult must accompany the children. Fee: \$20/family. For more information, call the number at the bottom of the page.

### **Southfield:**

October 6 and December 1, 10 a.m.

## Seniors

### **Adult Day Health Center**

Are you caring for an adult who needs supervision in your home? We provide a loving caring environment that is managed by a registered nurse, with activities that keep our participants mentally and physically active and stimulated. Hot lunch, morning and afternoon snacks are provided as well as medication administration, assistance with bathing and bladder training. Limited, low cost transportation is also available. Participants can attend 2 to 5 days per week. For more information, please call 248-353-6280.

To register call  
1-888-440-7325

For more information,  
visit our website at  
[www.stjohn.org](http://www.stjohn.org)

## Health Chat

This lecture series will discuss several health topics that are important to all seniors. We will look at an overview of Breast Cancer and Prevention: discuss Advance Directives and planning: and start the new year off right by reviewing Healthy Habits which will discuss the importance of proper nutrition, exercise and stress reduction. Light refreshments will be served.

Fee: Free. To register or for more information, please call the number at the bottom of the page.

### **Madison Heights Senior Center, 29448 John R Road:**

September 13, November 15, 2007  
and January 10, 2008, 10:30 - 11:30 a.m.

### **Hip & Knee Pain Seminars**

This event provides the participant with information about causes of hip and knee pain with an emphasis on Osteoarthritis. Conservative and more aggressive treatment options are described. Patients are encouraged to ask questions, the seminar is supported with patient education materials. For more information and registration, call the number at the bottom of the page. Fee: FREE  
**Farmington Hills:** September 19, November 7, 6 p.m.

**Livonia:** October 10, 6 p.m.  
November 19, 4 p.m.

**Novi:** October 24, 10 a.m.  
November 12, 10 a.m.

**Southfield:** September 10,  
10 a.m.  
December 12, 10:30 p.m.

### **JOIN CARELINK!**

CareLink at St. John Health (SJH) is a FREE membership program that offers health information, education programs, newsletters, discounts and benefits throughout SJH. For more information, or to join CareLink, call St John Senior Link, 1-888-751-5465.

## Neurological Conditions in Seniors

Neurologist from Providence Hospital will give a talk on “NEUROLOGICAL CONDITIONS” (Dementia, Alzheimer, Parkinson and Stroke), opportunity for Questions and Answers. Fee: Free. To register or for more information, please call the number at the bottom of the page.

**Livonia Senior Center,  
15218 Farmington Road:**  
September 7, 10 a.m.

## Smoking Cessation Resources

Smoker’s Help line of Michigan has a free smoking cessation kit available. Please call 1-800-537-5666.

## Special Programs

### **Immunization Clinic**

Immunization for children 18 years of age or younger who have no health insurance, whose insurance DOES NOT COVER immunizations or who have reached an insurance cap on immunizations. Vaccines available include: Diphtheria, Tetanus, Pertussis, Haemophilus Influenza B, Hepatitis B, Hepatitis A, Polio, Measles, Mumps, Rubella and Pneumococcal, Meningococcal and Varicella (Chicken Pox). Service limited to the first sixty (60) children. Fee: per child/adolescent 1 vaccine administered - \$15, per child/adolescent 2 or more vaccines administered - \$20. For more information, call the number listed at the bottom of the page.

**Livonia:** Every 3rd Thursday of the month, 4 - 7 p.m.

### **Martial Arts Therapy-Fitness Model for Children & Adults with Special Needs**

These twelve-week classes are for children ages 5-16 and adults with special needs such as cerebral palsy, ADD, or sensory integration dysfunction. Focuses on developing strength, balancing, coordination, sequencing, attention and self-

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esteem. A year round program; students can earn belts. Fee: \$186.

**Novi:** September 5, 5:30 p.m.  
September 7, 5:30 & 6:30 p.m.

**Southfield:** September 8, 2 p.m.

To register or for more information, call the number at the top of the page.

### Osteoporosis and Exercise

What is osteoporosis, who is at risk for developing it, what can you do about it, with an emphasis on exercise. For information and registration call (248) 465-4416. Fee: Free, exercise book available for \$15 at class.

**Novi:** October 3, 7 p.m.

### Stroke Support Group

This support group is designed to provide an informal yet structured atmosphere for stroke survivors/ caregivers, family and friends to share with others their experience and provide emotional and educational support. For more information and registration call the number at the top of the page.

Fee: Free  
**Southfield**



### Tai Chi Classes

Join a fun, new joint-friendly activity from a trusted source proven to make a positive impact on your daily life. Participants learn a series of graceful, flowing movements adapted from the ancient Chinese discipline of Tai Chi, plus special warm-up, cool down and breathing exercises. The program is derived from the Sun-style Tai Chi, the disciplines' gentlest form. Classes are taught by instructors who are specially trained by the Arthritis Foundation. Anyone can benefit from the program, including those interested in maintaining healthy joints as well as those living with mild to moderate arthritis. **For information and registration call (248) 849-3966. Fee: \$59 or \$49 for seniors.**

To register call 1-888-440-7325

For more information, visit our website at [www.stjohn.org](http://www.stjohn.org)

### Volunteer Programs

Providence Hospital and Medical Centers offer many volunteer opportunities for adults and teens. Positions are available weekdays and weekends, with day and evening hours at many Providence locations. To receive an information packet, more information and registration, call (248) 849-8806.

St. John Hospice - Volunteers are needed in Macomb, Oakland, St. Clair and Wayne counties to help provide services to terminally ill patients, their caregivers and families.

The volunteers can choose from a variety of functions that include: offering companionship by providing respite relief for caregivers, making supportive telephone calls, running errands, and providing other services that are needed by patients, caregivers, and families. In addition, volunteers are needed to provide administrative support in both our Clinton Township and Farmington Hills offices. Training to become part of the Hospice team will be provided to all volunteers. Mileage reimbursement is available to all volunteers. For more information please call either Pamela DiSanto or Katie Landa at (800) 248-2298.

### Support Groups

For more information, please call the number at the top of the page.

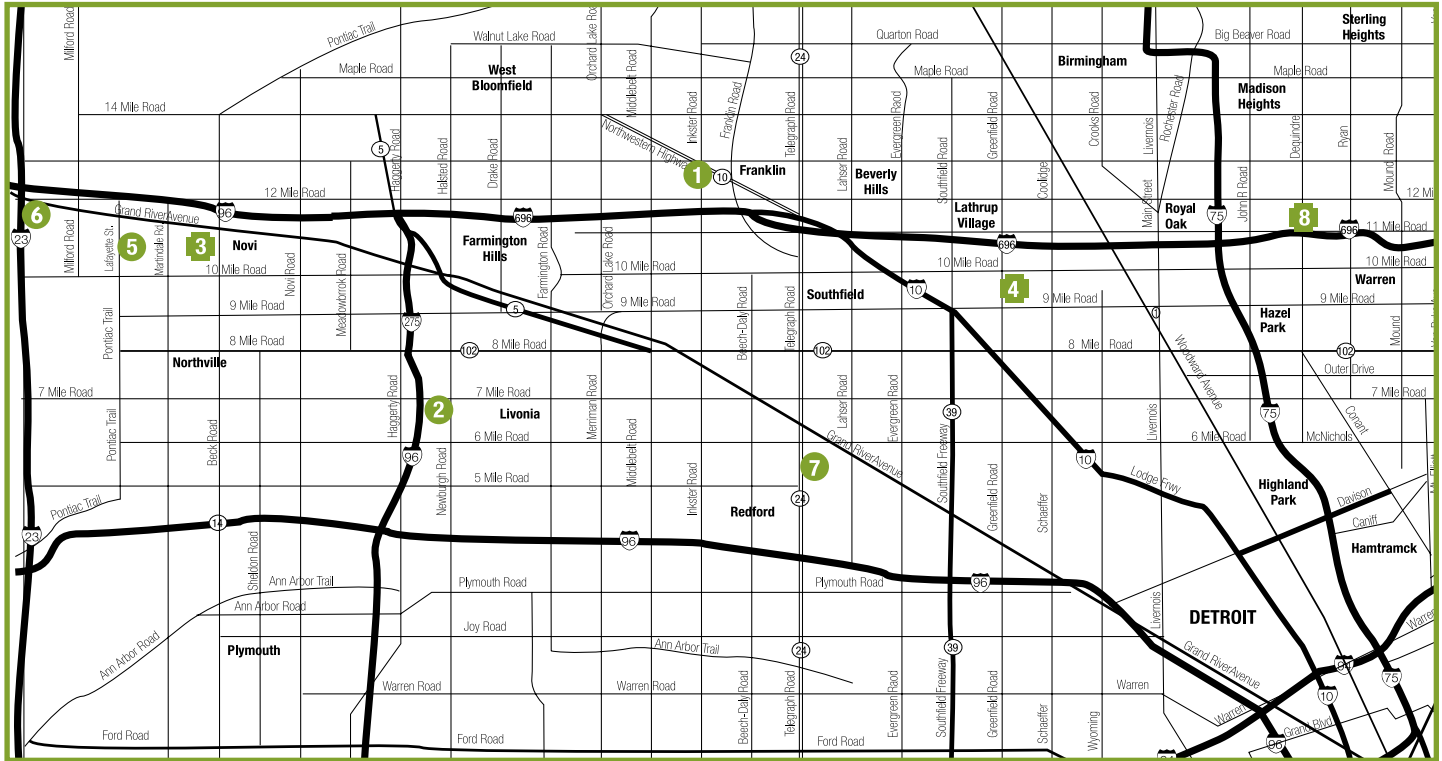
- Alcoholics Anonymous
- CCFA Support Group
- Cancer Support Group
- Stroke Support Group
- Depression and Bi-Polar Support Alliance
- Emotions Anonymous
- Friends/Families for the Rights, Independence & Education of Individuals with Down's Syndrome
- Implantable Defibrillator (ICD) Support & Education Series
- Lupus Support Group
- New Mom's Support Group
- Open Arms - Grief Support for Children
- Overeaters Anonymous
- Parents Supporting Parents
- Women for Sobriety


### Women's Health

#### Know a New Mom

Calling all aunts, friends and grandmas! Looking for a great gift for the mom-to-be? We have fabulous colorful nursing bras: books on breastfeeding, nursing pillows and breast pump sales and rentals. Can't decide? We have gift certificates in any amount. Call (248) 849-2799 for ideas and help deciding on a gift she'll really use!

# Class Locations



 Designates 24-hour Emergency Service

**St. John Health also offers programs on the east side. Call St. John Health Connect toll free at: 1-888-440-7325 to request a copy of our eastside calendar.**

- 1** Farmington Hills/Northwestern (NW):  
Providence Medical Center –  
Farmington Hills  
30055 Northwestern  
Farmington Hills, MI 48334
- 2** Livonia: Providence Mission Health  
Medical Center – Livonia  
37595 Seven Mile Rd. (at Newburgh)  
Livonia, MI 48152
- 3** Novi Park: Providence Medical Center –  
Providence Park and Assarian Cancer Center  
47601 Grand River Ave.  
Novi, MI 48374
- 4** Southfield: Providence Hospital  
16001 W. Nine Mile Road  
Southfield, MI 48037
- 5** South Lyon: Providence Medical Center:  
South Lyon  
210 N. Lafayette  
South Lyon, MI 48178
- 6** Brighton Hospital  
12851 East Grand River  
Brighton, MI 48116
- 7** Thea Bowman Center  
20548 Fenkell  
Detroit, MI 48223
- 8** St. John Macomb-Oakland Hospital –  
Oakland Center  
27351 Dequindre  
Madison Heights, MI 48071

**WestCalFO7**

To register for Community Education classes or obtain a physician referral,  
call St. John Health Connect toll free at: 1-888-440-7325.  
Web site: [www.stjohn.org](http://www.stjohn.org)

Community Health  
22255 Greenfield, Suite 220  
Southfield, Michigan 48075

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