

LIVE WELL

FALL 2015

ALSO INSIDE:

- >> THE 411 ON
3-D MAMMOGRAPHY
- >> 7 HEALTH DANGERS
OF SMOKING
- >> TIRED OF BEING TIRED?

Enjoy Fall's
VEGETABLE HARVEST

short takes

WHAT'S HOT THIS FALL?

FOLLOW OUR NEW HEALTH AND WELLNESS BLOG

Looking for advice on staying healthy and living well? Henry Ford's health and wellness blog shares information from our experts on a variety of topics that cover taking care of your whole self – mind, body and spirit – including:

- Tips on nutrition, managing stress and staying fit.
- Information on preventing and managing chronic disease.
- The latest medical research and health technology.
- Inspiring stories of patients who overcame health challenges and are finding ways to incorporate wellness into their lives.

Check out henryfordlivewell.com and subscribe to get posts emailed right to your in-box.



HAVE A GREAT TIME FOR A GREAT CAUSE

Henry Ford Macomb's A Night to Knock Your Socks Off, an annual ladies-night-out event, is Nov. 3 at Penna's of Sterling. Shop for unique gifts from boutique vendors, indulge in a fabulous five-course meal and enjoy live entertainment. Tickets are \$65 and proceeds benefit the hospital's Surgical Services. Purchase tickets at henryfordmacomb.com/socks or call (586) 263-2968.



The hospital's Ambassador Club will host Showtime, an annual fundraiser to benefit Surgical Services, on Sept. 17 at Penna's of Sterling. This year's event features wine tasting, a strolling dinner and music. Tickets are \$200. Call (586) 263-2968.

WHAT YOU NEED TO KNOW ABOUT THE FLU

The flu is a serious contagious disease that can lead to hospitalization and even death. Common flu symptoms include fever, sore throat, chills, fatigue, cough, headache and muscle aches. Vaccination is the best way to protect you and your loved ones from infection this flu season. Anyone ages 6 months and older should get vaccinated; it takes up to two weeks for protection to develop.

The biggest misunderstanding about vaccination is that it gives you the flu. The

flu viruses contained in a flu shot are inactivated (killed), which means they cannot cause the flu. Vaccination is safe to receive; mild side effects include a sore arm at the shot site, a low fever or achiness.

The Centers for Disease Control and Prevention recommends getting vaccinated soon after the flu vaccine becomes available, ideally by October. However, as long as flu viruses are circulating in the community, it's not too late to get vaccinated.

3-D Mammography Recommended for Dense Breasts



Mark Segel, MD

A new Michigan law (Senate Bill 0879) requires radiologists to notify patients if screening mammography shows that they have dense breast tissue. But what does the term *dense breast tissue* mean, and

should you be concerned if you have it?

“Breasts are considered dense if there is a lot of fibrous or glandular tissue but not much fatty tissue. Many women have dense breasts, which is a normal finding,” says Henry Ford Macomb radiologist Mark Segel, MD.

“However, dense breasts can make it more difficult to detect cancer through a mammogram as cancer can ‘hide’ or be obscured within the dense tissue. Women with dense breasts also have a statistically higher risk of developing breast cancer.”

By law, patients identified as having dense breasts now receive information about breast density in a results letter mailed to their homes.

“This notification simply provides a way to make the patients more aware and more proactive about dense breasts,” Dr. Segel explains.

Dr. Segel further notes that the classification of dense breasts can be determined only by the results of a mammogram. “It is not related to breast size or firmness. Patients may think that because their breasts are firm, they are dense, but breast density is not determined by how your breasts feel,” says Dr. Segel.



CUTTING-EDGE CANCER TESTING

Starting in early October, Henry Ford Macomb will offer digital breast tomosynthesis (DBT), a type of mammogram that creates 3-D pictures of the breast using X-rays, as a breast imaging option for women with dense breasts. The test takes multiple images or slices, and the radiologist is then able to perceive a 3-D image of the breast. DBT may catch more tumors and give fewer false positives, research suggests.

“DBT is the mammogram of choice for women with dense breasts, as it dramatically improves breast cancer detection in women with dense breasts when compared to traditional mammography methods,” advises Dr. Segel. “Women should talk with their physicians at their next regularly scheduled appointment to determine if DBT is appropriate for future screenings.”

WHAT YOU SHOULD KNOW

According to the American Cancer Society, although having dense breast tissue is linked to a high risk for breast cancer, it doesn’t mean a patient has a high risk overall. There are many risk factors for breast cancer in women – age, starting menstrual periods early and having late menopause, a first pregnancy after 30 and a family history of breast cancer, just to name a few. A patient’s overall risk depends on all of these factors taken together.

! Schedule your mammogram online at henryfordmacomb.com/radiology or call (586) 203-1600.



Be a quitter!

7 health dangers of smoking



Rajindar Sikand, MD

They say what doesn't kill you makes you stronger. With smoking, what doesn't kill you makes you sick.

Smoking accounts for nearly 500,000 deaths each year in the United States, and more than 16 million Americans

suffer from diseases caused by smoking.

"Smoking is probably the most difficult habit to break, but it is certainly worth the effort," says Henry Ford Macomb pulmonologist Rajindar Sikand, MD. "Once you recognize and understand the major negative effects that smoking has on your health, you are halfway to a solution."

Here are seven ways smoking can impact your health and reasons that being a quitter can improve – and extend – your life.

SMOKING HARMS YOUR HEART AND BLOOD VESSELS

Compared with nonsmokers, those who smoke are two to four times more likely to develop coronary heart disease, the leading cause of death in the United States. Smokers also have twice the risk for stroke, and they're more likely to develop peripheral artery disease. The good news? After a year of not smoking, you'll reduce your risk for coronary heart disease by 50 percent.

SMOKING DAMAGES YOUR LUNGS

Smoking causes chronic obstructive pulmonary disease (COPD), a lung disease that includes emphysema and chronic bronchitis. Compared with nonsmokers, smokers are up to 13 times more likely to die

of COPD. But after just two weeks to three months of not smoking, your lung function will begin to improve.

SMOKING CAUSES CANCER

Lung cancer isn't the only by-product of cigarettes. Smoking also increases the risk for a range of other cancers, including cancer of the bladder, blood, cervix, colon and rectum, esophagus, kidneys, liver, pancreas, stomach and trachea. It's associated with one in every three cancer deaths in the United States. Fortunately, 10 years after quitting, your risk of dying of lung cancer is only half that of someone who kept smoking.

SMOKING CAN BRING ON DIABETES

The risk of developing type 2 diabetes is 30 to 40 percent higher for smokers than nonsmokers. Smokers with type 2 diabetes also typically find the condition harder to control.

SMOKING CAN WEAKEN YOUR BONES

Smoking can increase your risk for osteoporosis, a condition in which bones become more fragile and prone to fractures. The longer you smoke, the greater your risk for bone fractures as you age. Saying good-bye to smoking can reduce your risk for brittle bones.

SMOKING CAN STEAL YOUR SIGHT

Smoking is as bad for your eyes as it is for the rest of your body. It increases the risk for optic nerve damage, cataracts (clouding of the eye's lens) and age-related macular degeneration (damage to the macula, a part of the eye responsible for sharp vision). All of these conditions can lead to blindness.

SMOKING CAN SPOIL YOUR SMILE

Sink your teeth into this: Smoking harms your teeth and gums. Nicotine and tar, two ingredients in cigarettes, can cause yellow and brown stains on your teeth and even lead to tooth loss.

Dr. Sikand explains that often when patients experience a smoking-related health problem, it is a wake-up call-to-action. But breaking the nicotine addiction is no simple task.

"I tell my patients to keep trying and never to let a setback put an end to their efforts to stop smoking," says Dr. Sikand. "Getting through the first week can be extremely challenging. Try exercising or a hobby you enjoy to distract yourself. If

you can stick with it for 21 days, you will have created a new habit – not smoking."

There are several tools to aid in efforts to stop smoking, including smoking-cessation drugs and hypnotism.

"In my experience, going cold turkey works the best and has the most long-lasting results,"

Dr. Sikand advises. "Also, the encouragement and support of your family and physician are very important factors in your ultimate success.

"If you pick just one bad habit to give up, it should be smoking," insists Dr. Sikand. "You'll feel better. You'll be more energetic and productive, and you truly will improve your health."

Are you craving a cigarette?

More than 70% of smokers want to quit, but triggers and cravings can make it hard. Cravings usually only last about five minutes. That may feel like a long wait, but you can do it. Follow these steps when the urge to smoke strikes.



QUIT TOGETHER!

The Henry Ford quit-tobacco programs make giving up tobacco easier by providing treatment needed to overcome physical, emotional and social dependency on tobacco. Patients learn how to prepare for quitting, deal with nicotine withdrawal and overcome cravings. Programs to treat tobacco dependence include options for medications to ease withdrawal from tobacco and either individual or group counseling programs. Call (888) 427-7587 or email tobaccofree@hfhs.org.



Macomb's fall harvest makes it easy to eat your vegetables

The fall harvest is one of the best things about living in Macomb County. Consider the wealth of farmers markets, U-pick farms and independent roadside stands in the area, where you can buy fresh, locally grown fruits and vegetables that are both healthy and delicious.

“Local produce does not have to be transported, so it can be picked at its peak ripeness. You get the truest, most intense flavor and highest nutritional value,” says Pat Jurek, a registered dietitian and manager of Henry Ford Macomb’s Center for Weight Management.

Jurek suggests filling your canvas tote with a rainbow of foods. Different colored fruits and vegetables contain different types of antioxidants with unique benefits, so eating a variety puts more health-boosting power on your plate. The brighter the color, the more antioxidants a fruit or veggie contains.

Antioxidants are important because they may protect your body’s cells from the harmful effects of free radicals. These

molecules occur when the body breaks down food. Toxins in the environment, like cigarette smoke, also cause free radicals. Left unchecked, free radicals can cause diseases – including cancer.

Here’s what to look for in autumn:

- Green vegetables are rich in antioxidants. Lutein, for example, helps protect your eyes and may prevent cataracts and macular degeneration. Greens are also a great source of other health essentials, such as folate, minerals and fiber. Look for broccoli, brussels sprouts, spinach and Swiss chard.
- Orange and yellow plants are packed with carotenoids, such as beta-carotene and vitamin C. These nutrients promote vision and may reduce the risk for

MACOMB FARMERS MARKETS AND U-PICK FARMS

Browsing a local farmers market is a lot more fun than shopping at the grocery store. It’s a chance to get outside and connect with your community.

You’ll often find varieties of produce not readily available at large grocery stores, and you’ll have the chance to chat up the farmers, who can share tips on the best way to prepare the produce they sell. Many also offer samples, so you can try before you buy.

Farmers markets and U-Pick farms also provide valuable learning opportunities for kids.

“It’s terrific for children to see where food comes from. When you engage them in selecting ingredients and preparing their meals, kids get excited and are more likely to eat their fruits and vegetables. It’s a great start to a lifetime of healthy eating habits,” says Pat Jurek, manager of Henry Ford Macomb’s Center for Weight Management.

MACOMB COUNTY FARMERS MARKETS

Mt. Clemens: Fridays and Saturdays through Nov. 21

New Baltimore: Sundays through Oct. 25

Shelby: Saturdays through Oct. 24

Sterling Heights: Thursdays through Oct. 29

Warren, City Square: Sundays through Oct. 18

Warren, Owen Jax Recreation Center: Thursdays through Sept. 24

makes tables

certain cancers. Shop for acorn and butternut squash, carrots, pumpkins and sweet potatoes.

- Red, blue and purple shades mean a fruit or veggie is a rich source of anthocyanins or lycopene. These antioxidants may reduce your cancer risk and protect your heart. Fill up on apples, tomatoes and eggplant.

“A fun acronym to remember to eat your colors is GLORY-B: green, leafy, orange, red, yellow and blue,” shares Jurek. “At the Center for Weight Management, we always tell our clients to have a Glory-B day!”

Jurek points out that buying in bulk and canning or freezing are great ways to enjoy the health benefits of local produce all year long.

MACOMB COUNTY U-PICK FARMS
Blake’s Almont Garden Center
Blake’s Big Apple Orchard, Armada
Blake’s Orchard and Cider Mill, Armada
Miller’s Big Red Apple Orchard,
Washington Township
Verellen Orchards and Cider Mill,
Washington Township
Westview Orchards, Washington Township



ROASTED VEGETABLE RECIPE

INGREDIENTS

- 1 small butternut squash, cubed
- 2 red bell peppers, seeded and diced
- 1 sweet potato, peeled and cubed
- 3 Yukon Gold potatoes, cubed
- 1 red onion, quartered
- 1 tsp. chopped fresh thyme
- 2 tsp. chopped fresh rosemary
- 1/4 cup olive oil
- 2 tsp. balsamic vinegar
- Salt and freshly ground black pepper

DIRECTIONS:

1. Preheat oven to 475 degrees.
2. In a large bowl, combine the squash, red bell peppers, sweet potato and Yukon gold potatoes. Separate the red onion quarters into pieces and add them to the mixture.
3. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
4. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes or until vegetables are cooked through and browned.

All photos are from Mt. Clemens Farmers Market

Tired of being tired? Find out why



Belsam Heather Saif-Kosho, DO

Women have lots of reasons to be tired. Chief among them? Lack of sleep. But other conditions – some serious – can be to blame for unrelenting fatigue.

“Feeling worn out is a common concern for my female patients,” says Henry Ford Macomb family physician Belsam Heather Saif-Kosho, DO. “They might need a change in diet or lifestyle. They could have a vitamin deficiency or something more.

“It can take some investigating. I always start by asking, How long has it been going on? Are there any new stresses in your life? How are you eating and sleeping?” explains Dr. Saif-Kosho.

“When there are no obvious causes, keeping a diary of daily activities may help identify a correlation.”

ARE YOU (REALLY) GETTING ENOUGH SLEEP?

The National Sleep Foundation recommends most women get seven to nine hours of nightly sleep. But research shows that almost 60 percent of us fall short. The number one reason? Not enough time in the day. Often, we trade sleep for other activities.

Quality of sleep can also be a factor.

Dr. Saif-Kosho offers some simple tips for getting a good night’s rest: “Go to sleep at the same time every night. Sleep in your bed – not on a couch or chair. Avoid heavy meals and any sort of technology before bed. This is advice we’ve all heard before, but are you following it?”

HEALTH PROBLEMS CAN STEAL SLEEP

Other factors that can contribute to sleep loss include:

- Sleep disorders, such as insomnia, sleep apnea and restless legs syndrome.
- Chronic pain.
- Allergies or asthma.
- Hormonal changes from menopause or pregnancy.
- Depression, anxiety or other psychological problems.

If your sleep is consistently interrupted or cut short by problems like these, get a medical evaluation.

OTHER CAUSES

“For patients who are getting good rest and nutrition but still feel exhausted, we start thinking outside of the box,” notes Dr. Saif-Kosho. “Fatigue is a common symptom for many diseases. It’s especially concerning when there is associated weight loss, a family history of an autoimmune disorder, diabetes or thyroid problems.”

Common causes of fatigue in women include:

- Thyroid disease. Pervasive fatigue is the most common symptom of underactive thyroid, which may affect up to 10 percent of women.
- Anemia. Women are particularly vulnerable to iron-deficiency anemia.
- Infections—especially those with long recovery periods, such as mononucleosis.
- Chronic fatigue syndrome. Marked by fatigue that lasts at least six months, this condition is most common in

middle-aged women.

- Medications such as sleeping pills, antihistamines, some blood pressure drugs, steroids and diuretics.

Feeling exhausted can also be a sign of heart disease or an early sign of heart attack – especially in women. Women may experience unusual fatigue up to one month before the attack.

“Listen to your body. When tiredness affects your day-to-day activities, it’s important to speak up so we can identify the issue, whether large or small, and help to find a solution,” says Dr. Saif-Kosho.



Contact the Center for Sleep Medicine at (586) 203-1030 or call Henry Ford Macomb's Physician Referral line at (800) 532-2411.



Having the conversation: Planning for end-of-life care

End-of-life care isn't usually a top-of-mind topic. But understanding your choices and making them known now can ensure you get the care you want if you ever become seriously ill or hurt.

"Advance care planning is something for every adult to consider. Anyone could have an accident and be rendered unconscious," notes Jim Kraft, Henry Ford's director of Advance Care Planning and Collaborative Services. "For the elderly or those diagnosed with a chronic or progressive illness, it's even more important to put a plan in place before they lose the capacity to speak for themselves."

An advance directive specifies if you want to remain on life support or be allowed to die naturally if there is no chance for meaningful recovery. Life-sustaining measures may include CPR, a medical ventilator, and artificial nutrition and hydration. An advance directive also designates a "healthcare proxy," the person you choose to make decisions on your behalf if you cannot.

Kraft explains that the most important part of advance care planning is having a

conversation that includes both your doctor and your loved ones.

"Often, people will talk to their doctors or lawyers, but not their family or even the person they have designated as their healthcare proxy," notes Kraft. "Preparing an advance directive and discussing it with your loved ones is a kind thing to do."

In Michigan, if you don't name a healthcare proxy, it is legally your spouse's responsibility. When there is no spouse, all of your children have an equal say, which can cause great conflict.

"I've seen situations where people have pursued aggressive treatments and put

patients through a lot of physical distress with no hope of meaningful recovery because they don't want to make a tough decision," says Kraft. "It places a big burden on children if they are uncertain of what their parent would want. With an advance directive, they're enforcing decisions that you have already made, so there's less guilt."

No matter your age or health, it's a good idea to think about end-of-life care. You never know when you may face a medical emergency. Having a plan in place may improve your quality of life in the time leading up to your death.

! We can help

Henry Ford Macomb offers a free advance care planning service. Trained facilitators help individuals and families learn how to make medical decisions based on their medical condition, goals of care, faith and values, and how to complete an advance directive. To schedule an appointment, call (800) 532-2411.

Retired doctors, nurses, clergy and social workers make great facilitators. If you would like to volunteer to assist, contact Jim Kraft at jkraft2@hfhs.org.



Registration is required for all classes. To register, please call toll-free (800) 532-2411 unless otherwise noted.

American Red Cross Blood Drive

Your opportunity to donate life-saving blood is:

Oct. 5 or Nov. 25
7 a.m. to 6:45 p.m.

To schedule an appointment, visit redcross.org and enter code: henryfordmacomb or call (800) 733-2767.

Clinton Township hospital

Bariatric Support Group

Join patients and family members for monthly discussions about post-surgical weight management and other topics.

Sept. 23, Oct. 28 and Nov. 19
7 to 8 p.m.

Clinton Township hospital

Bariatric Surgery Center Overview

Anyone considering weight loss surgery is invited to attend a seminar presented by a certified bariatric nurse. The focus is on preparing for bariatric surgery and post-surgical care, including diet maintenance and exercise. To register, call (800) 532-2411.

Oct. 12, Nov. 9 and Dec. 14, 6:30 to 8 p.m.

Clinton Township hospital

Oct. 29, 11 a.m. to 12:30 p.m.

Clinton Township hospital

Sept. 28 and Nov. 23, 6:30 to 8 p.m.

Henry Ford Macomb Health Center –
Chesterfield

Bereavement Support

Any adult who has lost a loved is welcome to attend monthly ongoing support groups. To find out about specific class dates and for questions, please contact the Bereavement Team at (248) 588-2389.

Thursdays, 6:30 to 8 p.m.

Blood Pressure Screenings

Join us for a free blood pressure screening to ensure your numbers are within normal range. No registration is required. Walk-ins are welcome.

Oct. 8, Nov. 12 and Dec. 10, 11 a.m. to 1 p.m.

Clinton Township hospital—Main Lobby

Zumba

Take salsa, cha-cha, samba, tango, merengue, flamenco, and belly dancing, put it in a workout routine and you have Zumba! Great for all ages and fitness levels.

Tuesdays starting Sept. 22, 5:15 to 6:15 p.m.
MORC Rehab Services. Cost: \$36 for six weeks

Dance Jam

Jam like you're on the dance floor! Inspirations for this fun workout are pop, Latin, hip-hop, etc. You'll enjoy this muscle-pumping, calorie-burning blast as you lose yourself in the music.

Thursdays starting Sept. 24, 5:15 to 6 p.m.
MORC Rehab Services. Cost: \$36 for six weeks

Heart Smart Screening Program

Our screening includes something no other area hospital offers – a one-on-one review of your results with a board certified cardiologist. The \$99 Heart Smart Screening

includes a 12-lead ECG to measure electrical activity of the heart, blood pressure, body mass, blood glucose and lipid profile checks, and carotid and peripheral arterial disease tests. A 12-hour fast before the screening is required.

Saturdays; please call for available appointment times. Cost: \$99
Pre-registration is required, call (800) 532-2411.

Joint Replacement

Join an orthopedic surgeon to discuss total joint replacement – surgery to replace a damaged knee or hip joint with a durable, artificial joint. There will be a sample Reiki session after the presentation. Light refreshments served.

Oct. 23, 1 to 2 p.m., Kenneth Scott, DO

Nov. 10, 6 to 7 p.m., James Bookout, MD
Clinton Township hospital

Managing Back Pain

Join Geoffrey Seidel, MD, physical medicine and rehabilitation specialist, to discuss the latest developments in pain management and the treatment model offered at the new Henry Ford Macomb Spine Center.

Oct. 19, 6 to 7 p.m.

Clinton Township hospital

Seniors Celebrating Holiday Traditions

Join gerontologist Marcia Relyea for this new class designed to teach how to creatively display or “gift” a favorite recipe or picture for a loved one. Please bring a photo, poem, song, etc. to work with. Scrapbooking supplies provided. Holiday refreshments served.

Dec. 2, 10 a.m. to noon

Clinton Township Campus

Senior Safety

Find out how to reduce your risk for falls. We will discuss prevention that will help you decrease your likelihood of injury and hospitalization, and help you stay healthy and independent. Light refreshments served.

Oct. 22, 10 to 11:15 a.m.

Clinton Township hospital

Seniors Staying Sharp

Join CARE of Southeastern Michigan gerontologist Marcia Relyea for a discussion designed to recharge your mental batteries.

Oct. 22, 11:30 a.m. to 12:45 p.m.

Clinton Township Campus

Sports Physicals—Henry Ford Macomb Health Centers

Our \$26 physical exam measures height and weight, and checks blood pressure and vision. Walk-ins welcome. For more information, call the Fraser Center at (586) 285-3999; the Chesterfield Center at (586) 421-3052; Bruce Township Center at (810) 798-6418; or Shelby Macomb Medical Mall at (586) 323-4700.

WEIGHT MANAGEMENT

The Henry Ford Macomb Center for Weight Management offers three ongoing programs. The medically supervised Decision-Free Diet for those who want to lose more than 30 pounds; Healthy Solutions for those seeking moderate weight loss; and a less-structured program, Simple Choices. Weight loss classes are in Shelby Township, Richmond and Chesterfield. Call (800) 756-9890.

CANCER CARE

For more information on the programs listed below, please call (586) 263-2237.

Cancer Patient Support Group

This weekly group, facilitated by a professional counselor/social worker, lets patients express their feelings and hear how others are coping with cancer. Registration is not required. Mondays, 1:30 to 3 p.m., ongoing.

Family/Caregiver Support Group

Facilitated by a professional counselor, this weekly group offers those who support cancer patients the chance to discuss concerns and get practical tips for dealing with daily challenges. Registration is not required. Fridays, 10:30 a.m. to noon, ongoing.

Look Good ... Feel Better

This class, sponsored by the American Cancer Society, is especially for women undergoing cancer treatment. A cosmetologist will demonstrate how to choose the makeup, wigs, scarves and hats that will best complement your appearance. Registration is important—please call (586) 263-2237. Second Wednesday of the month 2:30 to 4 p.m.

EXPECTANT AND NEW PARENTS

At Henry Ford Macomb, parents-to-be will find Macomb County's most experienced newborn care team, including board certified obstetricians, certified nurse midwives and all the support they'll need when they're expecting a child. To learn more, call (800) 532-2411.

Breast feeding

This class is highly recommended for expectant mothers to ensure the most positive experience for mom and baby.

Sept. 14, Oct. 5, Nov. 9, Dec. 7; 7 to 9 p.m.

Clinton Township hospital

Cost: \$20

Childbirth Workshop

This one-day workshop covers the process of labor and delivery, labor-coping techniques and support skills. A tour of our Birthing Center is also included.

Sept. 19, Oct. 24, Nov. 21 and Dec. 5

8:30 a.m. to 4 p.m.

Clinton Township hospital

Cost: \$65

Infant Massage Class

Learn the many positive benefits massage can have for your infant ages 3 weeks to 18 months. Use of essential oils will also be covered. Both parents are welcome to participate.

Sept. 22, 6 to 7 p.m. and Sept. 29

10 to 11 a.m.

Cost: \$20, includes a 15 ml bottle of USDA organic lavender essential oil

Clinton Township hospital

COMPLEMENTARY MEDICINE

For appointments, class registration or more information on these services, call (586) 263-2837.

Developing Your Intuition

Learn your intuitive language and manifest a more productive, enriched and meaningful life. By understanding our intuition, we are able to more easily set and achieve goals and positively shape our future.

Mondays beginning Oct. 19, 6:30 to 8:30 p.m.

Clinton Township hospital; \$100 for 6-week class.

Holistic Health Series

Whether you are going through a major health change or just beginning to take an interest in holistic health, this three-week series offers an introduction to several relaxation techniques. Registration is required.

Introduction to Journaling

Oct. 9, 6:30 to 7:30 p.m. and Oct. 13

Noon to 1 p.m.

Relaxation Techniques, Oct. 23

6:30 to 7:30 p.m. and Oct. 28, noon to 1 p.m.

Introduction to Yoga, Nov. 20

6:30 to 7:30 p.m. and Nov. 4, noon to 1 p.m.

Shelby Macomb Medical Mall – LL Ste. 020

Personal Intro to Reiki

Reiki is an ancient, hands-on relaxation technique that promotes wellness by integrating and balancing your physical, mental, emotional and spiritual health.

Sept. 22 and Oct. 27, 6 to 7:30 p.m.

Clinton Township hospital

Reiki Practitioner Training

Level 1—Thursdays, Oct. 1 and 8

(both sessions required)

5:30 to 9:30 p.m.

Level 2—Saturday, Nov. 7

9 a.m. to 5 p.m.

Please call for pricing information

Clinton Township hospital

Yoga

This class is perfect for anyone who wants to combine gentle stretching with breathing and relaxation techniques designed to rejuvenate and restore your body. *Relaxation and **Body Positive classes available.

Mondays, beginning Sept. 21

4:45 to 5:45 p.m.* and 6 to 7 p.m.**

Thursdays, beginning Sept. 24, 6 to 7 p.m.*

MORC Rehab Services. Cost: \$36 for six weeks

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Henry Ford provides at no cost qualified interpreters and other aids and services for the deaf and hard of hearing. To request assistance, call (800) 532-2411. If possible, please notify us three days in advance of the seminar.

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CONNECT WITH US ONLINE AT HENRYFORDMACOMB.COM.



Breast Health BOOT CAMP



**HENRY FORD
MACOMB HOSPITALS**

**THURSDAY, OCT. 8
7-9 p.m.**

Lifetime Fitness
14843 Lakeside Blvd. N., Shelby Township 48315

ARE YOU DOING ALL YOU CAN TO PREVENT BREAST CANCER? Bring your mom, sister, neighbor or best friend out for a night that's all about taking care of yourself!

- Eat right: Sample healthy recipes including smoothies, salads and wraps
- Exercise: Get moving with a 30-minute group workout led by Lifetime Fitness instructors
- Stay informed: Hear about women's topics from a panel of Henry Ford Macomb experts

Cost: \$10

Registration is required. Limited space available.

Come dressed to work out!

Henry Ford provides at no cost qualified interpreters and other aids and services for the deaf and hard of hearing. To request assistance, call (800) 532-2411. If possible, please notify us three days in advance of the seminar.

To register, or for more information, call (800) 532-2411.