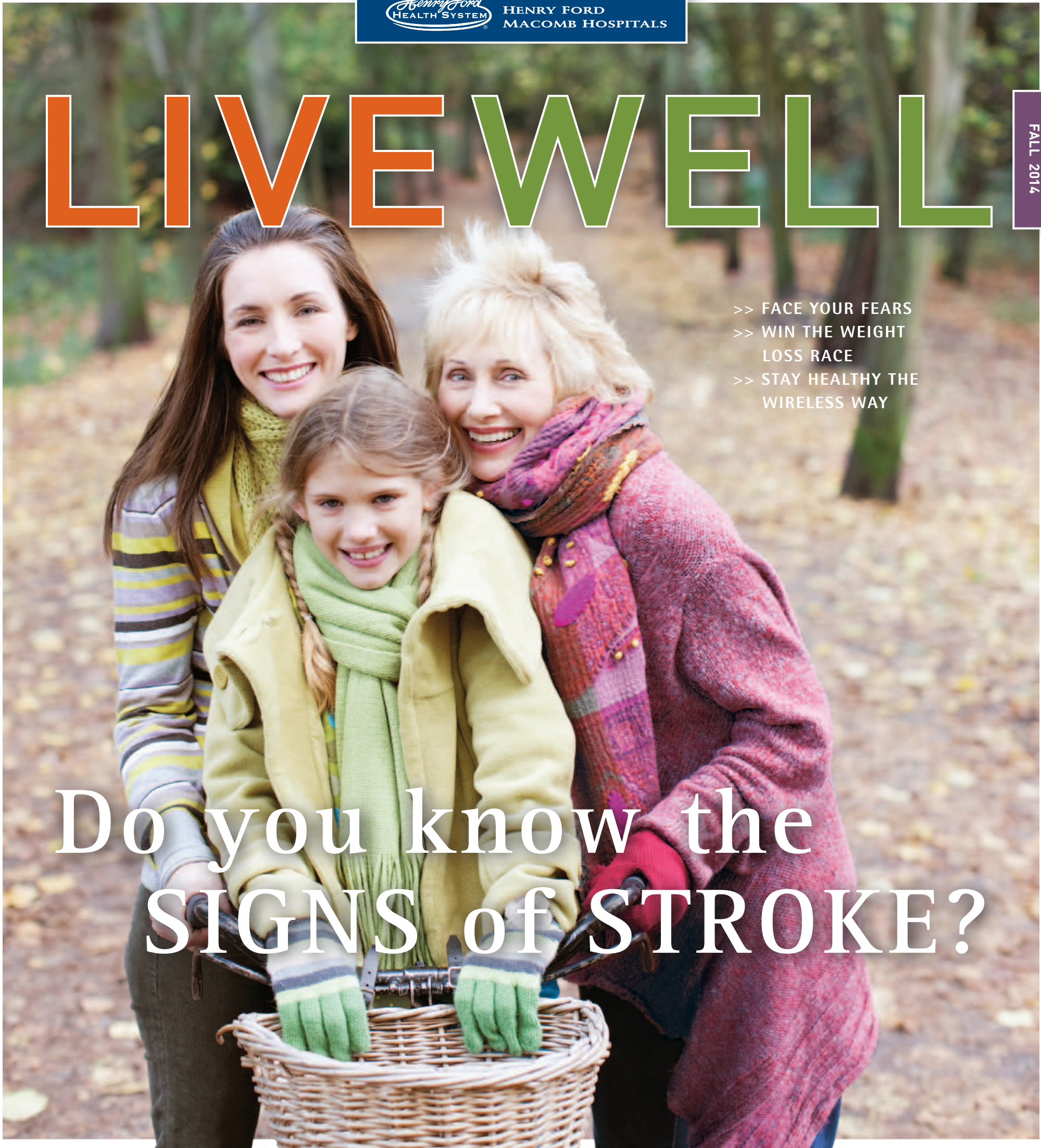


# LIVEWELL

FALL 2014

- >> FACE YOUR FEARS
- >> WIN THE WEIGHT LOSS RACE
- >> STAY HEALTHY THE WIRELESS WAY

Do you know the  
SIGNS of STROKE?



# short takes

## WHAT'S HOT THIS FALL?

### DON'T MISS 'A NIGHT TO KNOCK YOUR SOCKS OFF'

Spend an evening with nearly 1,000 of your closest "friends" at the annual ladies night out event on Oct. 28 from 5 to 10 p.m. at Penna's of Sterling. Participants will enjoy shopping, a fabulous five-course dinner and entertainment. The theme is "The Great Gatsby."

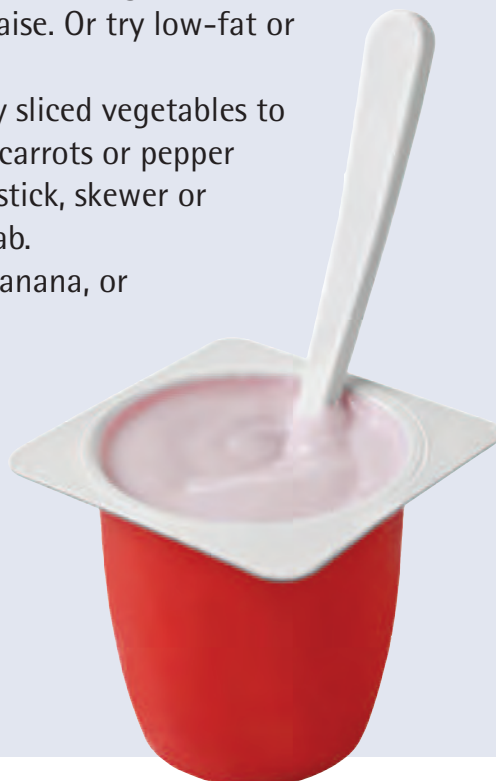
Tickets are \$65 and proceeds will benefit Surgical Services at Henry Ford Macomb Hospital. Tickets may be purchased online at [HenryFordMacomb.com/socks](http://HenryFordMacomb.com/socks) or by calling the Office of Philanthropy at (586) 263-2968.



### IN THE BAG: 5 WAYS TO MAKE SCHOOL (OR WORK) LUNCHES HEALTHIER

Want to pack a healthy bag lunch that tastes great, too? Try these tips:

1. **TRY GRAIN.** Choose whole-grain bread, tortillas, pitas, bagels or crackers.
2. **LOWER THE FAT.** Try low-fat versions of lunchmeat. Tuna packed in water instead of oil is another good choice. Use mustard instead of mayonnaise. Or try low-fat or no-fat mayo.
3. **VARY THE VEGGIES.** Add thinly sliced vegetables to sandwiches. Pack a little bag of carrots or pepper strips. Put vegetable slices on a stick, skewer or toothpick to make a veggie kebab.
4. **DON'T FORGET FRUIT.** Pack a banana, or slice it onto a peanut butter sandwich. Put a serving of applesauce or cottage cheese in a plastic container. Try easy-to-eat raisins, dried apricots, grapes or sliced kiwi or strawberries.
5. **SAY YES TO YOGURT.** Include a low-fat yogurt with a spoon.



### BOOST YOUR TEEN DAUGHTER'S BODY IMAGE

Teen girls are bombarded with messages about how they are "supposed" to look. As a parent, you can help your teen daughter realize she's beautiful, inside and out. Here's how.

- Remind her of her strengths — that good soccer play, the math problem she solved, the funny joke she told.
- Point her toward realistic goals in school, sports, and life. Setting the bar too high can lead to feelings of discouragement and failure. She should feel challenged and that she's aiming for a higher purpose.
- Encourage exercise. Drive your daughter to practice, cheer her on during games and model healthy physical activity yourself. Get Dad involved, too. Fathers may have an especially important effect on their daughters' self-perception.
- Be a self-confident family. Study your heritage, get involved in the community or care for extended relatives. Praise each family member for his or her strengths.

# Nothing to fear **BUT FEAR ITSELF**

## Examining anxiety disorders in women

**S**arah\* didn't consider herself unusual. A busy working mom in a neighborhood with many other busy working moms, her level of stress and reasons for worry didn't seem out of the ordinary. Still, fear began to creep into her daily life.

She felt anxious around coworkers when they coughed. She began worrying about the health of her family, though they all seemed in perfect health. Her fears grew to the point where she was unable to go to work or even leave her house.

She's not alone.

"Sarah's case is not all that unusual," says Henry Ford Macomb psychiatrist Robert Lagrou, DO.

In fact, women are twice as likely as men to suffer from anxiety disorders, and 20 percent of all American adults suffer from anxiety disorders.

"The reason more women are affected may be brain chemistry that is impacted by hormone

changes," Dr. Lagrou notes. "Up until puberty, the rates of anxiety disorders among boys and girls are equal. Among adult women, the two most common disorders are phobias – for example, fear of spiders, the dark, etc., and general anxiety disorder (GAD) – anxiety about a wide range of topics, which affects day-to-day functioning."

Sarah sought medical help and was diagnosed with GAD. With medication and counseling, she is now acting and feeling like her old self.

"That is the expectation," adds Dr. Lagrou. "People don't realize how common these disorders are, because people don't tend to talk about them, but they are quite common, and they are treatable."

- **FOR MILD TO MODERATE ANXIETY**, treatment may consist of talk therapy, or psychotherapy, in which a trained professional walks through sources of anxiety with the patient and provides tools and tricks to help them get through the day.
- **FOR MODERATE TO SEVERE ANXIETY**, the treatment may be a combination of medication and psychotherapy.

"The goal is recovery," Dr. Lagrou emphasizes. "If anxiety is getting in the way of your doing things you like to do, or if it's impacting your performance at work or your relationships, talk with your primary care physician. He or she can provide an evaluation and refer you to the appropriate resources."

*\* not her real name*

## Help is close at hand

Henry Ford Health System offers comprehensive Behavioral Health Services throughout southeast Michigan, including:

- Emergency psychiatric evaluation 24/7 in Mt. Clemens
- Acute inpatient psychiatric care in Mt. Clemens and Ferndale
- Alcohol and chemical dependency treatment in West Bloomfield
- Outpatient services throughout southeast Michigan, including care by psychiatrists and therapists in a new Clinton Township office across from Henry Ford Macomb Hospital.

To reach Behavioral Health Services in the Macomb region, call **(586) 226-7007**. For services elsewhere in southeast Michigan, call **(800) 422-1183**.



# LADIES: Do you know your signs of stroke?

Each year, 425,000 women have a stroke. Yet one in five women can't name the signs.

More women than men have strokes. It's the third leading cause of death among women, and every year, strokes kill twice as many women as breast cancer. More than 100,000 strokes occur yearly in women younger than 65. Still, many women are unaware of their risk for this potential killer.

"As women, we hear a lot in the media about breast cancer and heart disease, but not stroke," says Henry Ford Macomb internal medicine specialist Jacqueline Moore, DO. "We have a lack of awareness, especially about ways to prevent stroke and recognizing the acute symptoms."

## THE STROKE OF 12

Know these 12 symptoms of stroke – five general stroke symptoms and another seven symptoms unique to women:

1. Sudden numbness or weakness of face, arm or leg – especially on one side of the body
  2. Sudden confusion, trouble understanding speech or slurred speech
  3. Sudden trouble seeing in one or both eyes
  4. Sudden trouble walking, dizziness, loss of balance or coordination
  5. Sudden severe headache with no known cause
- Women have reported these unique stroke symptoms:
6. Sudden face and limb pain
  7. Sudden hiccups
  8. Sudden nausea
  9. Sudden general weakness
  10. Sudden chest pain
  11. Sudden shortness of breath
  12. Sudden palpitations

Call **911** or go to the nearest emergency department immediately if you have any of these symptoms.

"Too often, women don't realize the urgency of getting help right away," emphasizes Dr. Moore. "If you have slurring of speech, vision changes or weakness, arms drifting downward, any of the symptoms – go to the Emergency Department immediately. Many women have said they just thought they needed to lie down in bed for a while. That is a decision that can have major consequences for your quality of life – your ability to walk, talk and swallow. It's a very scary thing – stroke is not just something that happens to older patients. I've seen patients as young as 40 and 50 with devastating strokes."

## YOU'VE GOT 3 HOURS.

Most strokes occur when a blood clot blocks blood flow to the brain.

"The clot-dissolving medication, called tissue plasminogen activator (tPA), can help, but you have only a three-hour window for it to work, and the clock starts ticking from the moment the first symptom occurs," explains Dr. Moore. "tPA is our only shot at treating the acute stroke. If you understand the warning signs and get to the hospital quickly, the chances of mitigating the effects of the stroke rise dramatically."

## IS IT REALLY A STROKE?

### ACT F.A.S.T. – DO THIS SIMPLE TEST:

- F—FACE:** Smile. Does one side of the face droop?
- A—ARMS:** Raise both arms or put both arms out in front. Does one arm drift downward?
- S—SPEECH:** Say a simple phrase. Is speech slurred or strange?
- T—TIME:** If you observe any of these signs, call 911 immediately.

Note the time when symptoms first appear. If given within three hours of the first symptom, tPA may reduce long-term disability.

## WHAT'S YOUR RISK?

"No matter what your age or gender, anyone can have a stroke," Dr. Moore emphasizes.

With that said, there are certain risk factors that should make you even more vigilant, including high blood pressure, elevated cholesterol, atrial fibrillation (an irregular heartbeat) and, for women, having had preeclampsia during pregnancy.

"Eat a diet rich in fruits and vegetables, and work with your doctor to manage conditions like high blood pressure or cholesterol," encourages Dr. Moore. "And one important tip for women, proven in medical literature: Take one baby aspirin a day. In women, that has been shown specifically to prevent stroke. In men, it can prevent heart attacks; for women it prevents stroke."



## Free blood pressure screenings

High blood pressure is one of the most common risk factors for stroke. Stop by the Main Lobby of Henry Ford Macomb Hospital in Clinton Township for a free blood pressure screening Sept. 11, Oct. 9, Nov. 13 or Dec. 11 anytime from 11 a.m. to 1 p.m. No registration is necessary. For more information, call (800) 532-2411.




## REGION LEADING STROKE CARE

Henry Ford Macomb Hospital continues to provide exceptional care for stroke patients.

Our program is certified by The Joint Commission as a Primary Stroke Center. And, for the third consecutive year, the program has received the Gold Medal Plus quality award from the American Stroke Association's "Get With the Guidelines" program. It is the highest level quality award attainable through the American Heart and American Stroke Associations.

These quality measures are reached because of the protocols in place. When a suspected stroke patient arrives in the Emergency Department, our specially trained staff members spring into action to begin proven a treatment process that included administering clot-dissolving drugs for appropriate patients.

In addition, comprehensive care continues on a dedicated stroke unit and through our rehabilitation program.



## ! How fast is your metabolism?

Technology exists to measure your exact resting metabolic rate, which will indicate how many calories you should be consuming to maintain your current weight – or how many you need to reduce daily to lose weight. For more information about scheduling a MedGem metabolic rate test or to learn more about our weight management programs, call **(800) 756-9890** or go to **HenryFordMacomb.com/loseweight**.

# 5 WAYS the

## 1. YOUR LACK OF MUSCLE.

Even though aerobic exercise burns more calories than strength training, you should also lift weights because that can help you maintain muscle while you lose fat. And since muscle burns more calories than fat, even when you're not working out, it helps you keep weight off after you've shed it.

**JUMP THIS HURDLE:** Try to fit in two days of resistance training per week. Work all your major muscle groups, including your arms, abs, chest, back and legs.

## 2. FAMILY HISTORY.

Scientists have found more than 50 genes linked to obesity. Some may make you feel hungrier, while others prompt your body to store fat.

**JUMP THIS HURDLE:** Remember that biology isn't destiny. It's true that certain genetic profiles can make it harder to lose weight, but that doesn't mean it can't be done.

# WAYS TO WIN Weight Loss Race

## 3. INADEQUATE SLEEP

Losing out on shut-eye throws your hunger hormones out of balance. As a result, you're prone to eat more – and you're not going to go for fruits and veggies, but rather “comfort food” like pizza or doughnuts.

**JUMP THIS HURDLE:** Most adults require seven to eight hours of sleep per night. Try to stick to a regular sleep schedule – even on the weekends – and avoid large meals late at night.

## 4. METABOLISM

Metabolism is the process of combining nutrients with oxygen to release the energy needed for the body to function. A person's total metabolic rate represents the calories needed to maintain body functions and daily activity. As we get older, our metabolism slows down.

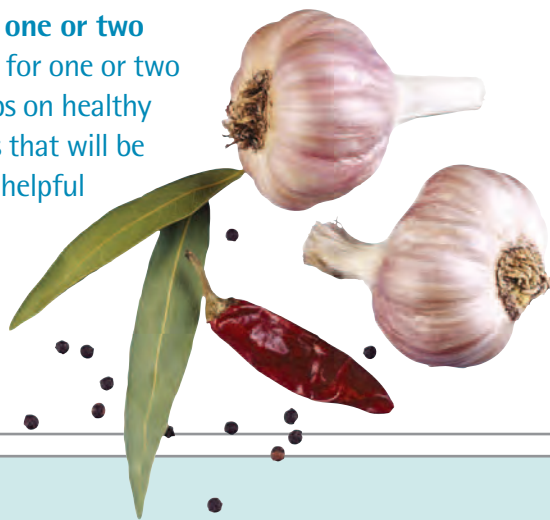
**JUMP THIS HURDLE:** Eating low-fat dairy products, exercising and maintaining lean muscle can increase your metabolic rate. Knowing your resting metabolic rate can help you plan your weight loss strategy.

## 5. TOO MANY DEVICES.

Mobile phones, tablets and computers have made life easier but they've also increased the time people spend sitting in front of a screen, which can lead to lower fitness levels and expanding waistlines.

**JUMP THIS HURDLE:** Set a limit of two hours of at-home screen time for you and your family. Spend those hours together doing your favorite activities like walking the dog or bike riding.

**! Cooking demonstration: How to cook for one or two**  
It is possible to cook healthy and easy meals for one or two people. Join a registered dietitian to learn tips on healthy eating as we age and taste delicious samples that will be provided. This is also your chance to pick up helpful recipes that will meet your dietary needs.  
Sept. 30  
6:30 to 7:30 p.m.  
Clinton Township hospital



## Eating is a big piece of the weight loss puzzle

Despite spending time in the gym, many people are not losing weight as quickly as they hope.

“People have difficulty losing weight because they're not realistic about the number of calories they are consuming,” says Katherine Jackson, DO, a family medicine doctor.

Dr. Jackson recommends eating more fruits and vegetables, and home-cooked meals instead of processed foods. She also suggests drinking more water and less pop or other high-calorie, low-nutrient beverages.

Fruits and vegetables provide fiber and are naturally low in calories. They are also rich in vitamins and minerals. Processed foods are high in preservatives, sodium and colorings, which can cause your body to gain weight.

Lastly, since your body is 60 percent water, body functions like digestion, nutrient absorption and maintenance of body temperature rely on the liquid. Water also doesn't contain any calories.

## WEIGHT FRIENDLY FOODS

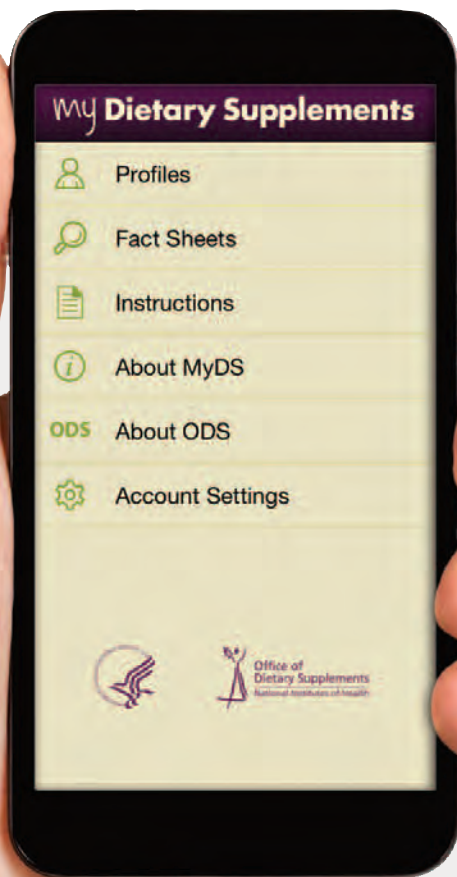
Over the course of a day, you should:

- Eat a wide variety of vegetables. Shoot for a total of 2½ cups
- Include fruit in your meals and snacks for a total of 2 cups
- Increase your consumption of whole-grain bread, cereals and pasta as you reduce the amount of foods you eat made with refined flour
- Replace whole milk, yogurt and cheese with low-fat or fat-free dairy foods. Three cups a day of healthy dairy foods is a good target.
- Prepare fresh seafood more often instead of red meat and poultry.
- Use canola, corn, olive, peanut or soybean oil instead of butter, lard and other solid fats.

## FOOD FOES

Gradually reduce the amount of food you eat that contains a lot of:

- Saturated fat, such as whole milk, ice cream, butter and cookies
- Trans fat, such as chips, margarine, pie and crackers
- Cholesterol, such as sausage, egg yolks and dairy products made with whole milk
- Sodium - most adults should consume 2,300 mg or less per day
- Added sugar, listed in ingredients as corn syrup or sweetener, honey, sugar, molasses, malt syrup, glucose, fructose, sucrose, dextrose, lactose, maltose and fruit juice concentrate.



## MyChart provides personalized, secure online access to your health records

Henry Ford MyChart gives you easy, secure online access to your lab and radiology test results, as well as information and instructions after inpatient stays, Emergency Department visits and outpatient procedures. Imagine viewing your test results from your laptop or phone, many within 24 to 48 hours.

Any time you have a test, hospital stay or procedure within any Henry Ford facility, your information will appear in MyChart. If your physician has MyChart in his or her office, you can also:

- Consult your doctor via secure messaging.

- Refill and renew your prescriptions.
- Review account information and pay your bill.
- View past or future appointments.
- Request an appointment.
- Review your chronic disease information.
- Access an extensive health library.
- Access your MyChart account through your iPhone or Android smartphone using the MyChart mobile app.

If you need assistance setting up your account or have questions about MyChart, contact [HfMyChart@hfhs.org](mailto:HfMyChart@hfhs.org) or call 1-800-HENRYFORD (436-7936).

# The Wireless Way to Stay Healthy

Your bathroom scale. Your gym shoes. Your salad spinner. Now, you can add another item to your list of health and wellness tools: your smartphone.

An increasing array of apps – software programs that run on your smartphone or tablet – aim to help you prevent health problems or manage chronic conditions. Use them to:

1. **KEEP TO YOUR REGULAR WORK-OUTS.** MapMyRun is a free app that offers sponsored challenges and prizes, such as trips and shoes, for running. You can also use the app to discover new places to run anywhere in the world. Brag about your progress by using the app to post to Facebook and Twitter.
2. **MAKE LIFESTYLE CHANGES.** Some apps, including several from the National Cancer Institute, offer support to quit smoking. One – QuitPal – lets you choose a quit date, log your smoking habits, see how much money you've saved, and set reminders. Other apps help you count calories to aid weight-loss efforts.
3. **TRY NEW THINGS.** With Pocket Yoga, you can turn your home or hotel room into a yoga studio. Just set up your iPhone, iPod Touch, iPad or Android device in front of your mat. Pocket Yoga will guide you through a session with detailed voice and visual instructions. The app features 27 sessions and more than 150 poses from experienced yoga instructors to challenge you. It offers three different practices, difficulty levels, and durations, and it tracks your sessions, too.
4. **MONITOR MEDICAL CONDITIONS.** Some apps actually transform your smartphone into a medical device. Using special attachments, you can now perform – and record – checks of your blood sugar, blood pressure and other health stats. The U.S. Food and Drug Administration regulates these apps to make sure they help, not harm, your health.

A word of warning: check the source before downloading or entering personal information into an app. Consult your device's app store for details about who developed the app and how they'll use your data. Look for those produced by government agencies, university health centers and other reliable sources.



# Diabetes: TAKE THE TEST

“Diabetes is a killer, especially if you don’t know you have it,” says William Carion, MD, Henry Ford Macomb internal medicine specialist. “Yet if you get diagnosed and manage diabetes, you can delay or avoid the many health problems it can cause.”

Ask your physician about getting tested for diabetes if you are:

- 45 or older
- Overweight
- Experiencing symptoms like frequent urination or thirst, fatigue, blurred vision, cuts or bruises that aren’t healing, or tingling in your hands or feet.

Two common blood tests are used to measure blood glucose levels as a way to diagnose diabetes.

“Glucose is fuel for your body – it comes from the food you eat. Insulin is a hormone that helps your body use that fuel by helping it move from your blood into your cells,” explains Dr. Carion. “With diabetes, your body either doesn’t make insulin at all or doesn’t use it well, which means the glucose just stays in your blood. The level of glucose in your blood tells us the likelihood of your having diabetes.”

**THE A1C TEST**, also called HbA1c, Hemoglobin A1c or glycated hemoglobin

“Most diabetes tests are a snapshot – they measure your blood glucose (blood sugar) levels at a

particular moment in time,” Dr. Carion says. “So even if your levels spiked dangerously overnight, if you tested your blood in the morning, your results would appear normal. The A1c has changed all that. Red blood cells live about three months, and they carry with them a record of how much hemoglobin was attached to them. The A1c measures that entire three-month span, which is why the A1c is really the preferred test for diagnosing and managing diabetes.”

## WHAT THE RESULTS MEAN

- **NORMAL:** Below 5.7 percent
- **PREDIABETES:** 5.7 to 6.4 percent
- **DIABETES:** 6.5 percent or higher

Your target A1c goal may vary depending on your age and other factors, so ask your physician what your A1c target is.

## FASTING PLASMA GLUCOSE OR FASTING BLOOD TEST

This test requires an overnight fast, then a blood test first thing in the morning. While the A1c is the preferred test to detect diabetes, the fasting blood test is less expensive. It also may be more accurate in certain cases; for example, if you have certain infections or a health condition like malaria, chronic

anemia, major blood loss, hemolysis, uremia or even if you smoke.

## WHAT THE RESULTS MEAN

- **NORMAL:** less than 100 mg/dL
- **PREDIABETES:** 100 to 125 mg/dL
- **DIABETES:** 126 mg/dL or higher on two separate tests

## WHAT HAPPENS AFTER THESE TESTS?

- **IF THE RESULTS ARE NORMAL:** Repeat the test every three years.
- **IF YOU HAVE PREDIABETES:** Ask your physician about necessary lifestyle modifications and arrange a time frame for a second test.
- **IF YOU HAVE DIABETES:** “Work closely with your physician,” advises Dr. Carion. “You will have additional tests to check the function of your thyroid, liver and kidneys. Getting your eyes and feet checked regularly is also very important.”

## ! Get help managing your diabetes

- A Diabetes Self-Management Education Program is offered within the Henry Ford Macomb Center for Weight Management at the Shelby Macomb Medical Mall and at the Henry Ford Medical Center – Sterling Heights. The program is covered by most insurance. For more information, call **(313) 874-7495**.

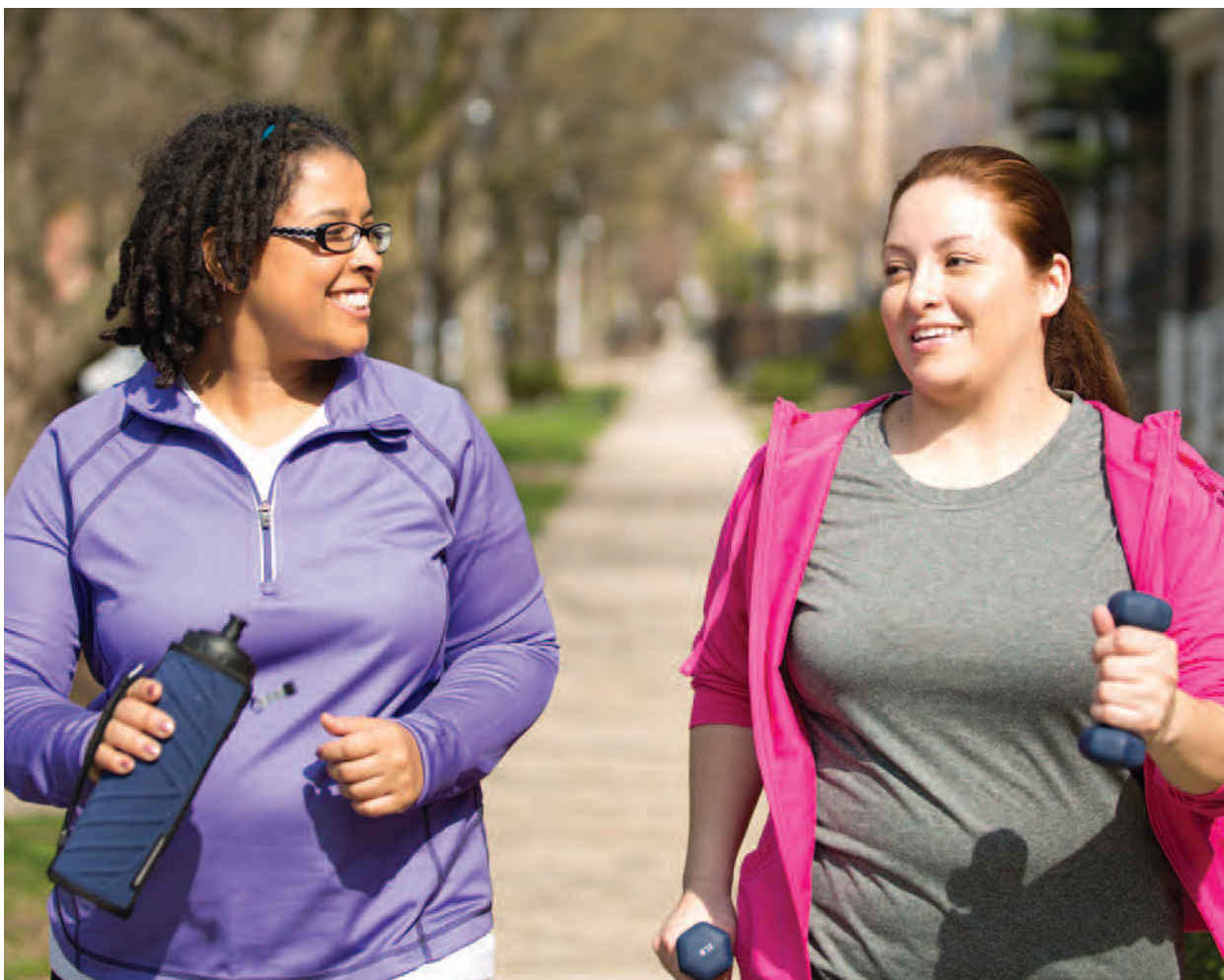
- Henry Ford Macomb Faith Community Nursing Network sponsors free diabetes support groups in several area church locations. Dietitians, pharmacists and other experts also offer education at these gatherings. To find a group near you, call **(586) 263-2116**.

- Join Henry Ford Macomb internal medicine specialist William Carion, MD as he discusses the most current testing methods for diabetes and the many ways to manage the disease. Also learn more about diabetic diet basics from registered dietitian Amy Carion.

Oct. 23

6:30 to 8 p.m.

Shelby Macomb Medical Mall



## Bariatric Support Group

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

Sept. 24, Oct. 24, Nov. 26 and Dec. 17  
6:30 to 8 p.m.

Clinton Township hospital

## Bariatric Surgery Center Overview

Anyone considering surgical options for weight loss is invited to attend a seminar presented by a certified bariatric nurse focusing on preparation for bariatric surgery and post-surgical care, including diet maintenance and exercise.

- Oct. 13, Nov. 10 or Dec. 8  
6:30 to 8 p.m.

Clinton Township hospital

- Oct. 23  
11 a.m. to 12:30 p.m.

Clinton Township hospital

- Sept. 22 or Nov. 17  
6:30 to 8 p.m.

Henry Ford Macomb Health Center  
– Chesterfield

## Bereavement Support

Any adult who has lost a loved one either in hospice or within the community is welcome to attend monthly ongoing support groups. To find out about specific class dates and for questions, contact Kathleen at (248) 588-2389. Thursdays from 6:30 to 8 p.m.

## Blood Pressure Screenings

Many people with high blood pressure do not exhibit any symptoms. 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. 9, Nov. 13 and Dec. 11  
11a.m. to 1 p.m.

Clinton Township hospital – Main Lobby

## Caregiver Café

The Caregiver Café provides those caring for a friend or loved one learning opportunities with Henry Ford Macomb experts and a chance to connect with others in similar situations – all in a relaxed, informal setting.

- Sept. 23 – Understanding and managing behavioral changes
- Oct. 21 – Caregiving 101
- Nov. 18 – Have you had the conversation?
- Dec. 16 – Spiritual/emotional support 1 to 2 p.m.  
Clinton Township hospital

## Cooking demonstration: How to cook for one or two

It is possible to cook healthy and easy meals for one or two people. Join a registered dietitian to learn tips on healthy eating and taste delicious samples that will be provided. This is also your chance to pick up helpful recipes that will meet your dietary needs.

Sept. 30  
6:30 to 7:30 p.m.

Clinton Township hospital

## Diabetes update

Join Henry Ford Macomb internal medicine specialist William Carion, MD as he discusses the most current testing methods for diabetes and the many ways to manage the disease. Also learn more about diabetic diet basics from registered dietitian Amy Carion.

Oct. 23  
6:30 to 8 p.m.

Shelby Macomb Medical Mall

## Health retreat: Targeting women's health

You're invited to join us for a special event focused on your health and well-being. This one-day retreat for women is focused on ways to make your life happier and healthier. Brought to you in conjunction with our community partners Almont DDA, CSB Bank and the Four County Community Foundation.

Nov. 15, Armada

For more details and pricing information, call (800) 532-2411.

## Sports Physicals – Henry Ford Macomb Health Centers

Our \$26 physical examination includes measuring height and weight, a blood pressure check and a vision exam. Walk-ins are welcome. For more information call the Fraser Center at (586) 285-3999; the

Chesterfield Center at (586) 421-3052; the Bruce Township Center at (810) 798-6418; the Shelby Macomb Medical Mall (586) 323-4700.

## WEIGHT MANAGEMENT

The Henry Ford Macomb Center for Weight Management offers three ongoing programs. The options include: the medically supervised “Decision Free Diet” which is designed for those who wish to lose more than 30 pounds, “Healthy Solutions” for those seeking moderate weight loss and a less structured program, “Simple Choices.” Weight loss classes take place at the Shelby Township, Richmond and Chesterfield health centers. For more information or to schedule an appointment, call (800) 756-9890.

## CANCER CARE

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

### Cancer Patient Support Group

This weekly group, facilitated by a professional counselor/social worker will give patients an opportunity to express their feelings and concerns 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 an opportunity for those who support cancer patients 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 be on hand to demonstrate how to choose the make-up, wigs, scarves and hats that will best compliment your appearance. Registration is extremely 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. They also will find board-certified obstetricians, certified nurse midwives, and all the support they'll need when they're expecting a child.

Couples can also enjoy our newly renovated family-centered labor, delivery, recovery and postpartum birthing suites. For more information about our pregnancy and newborn education programs, or to learn more about our birthing team, call (800) 532-2411.

### Breastfeeding

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

Oct. 20, Nov. 10 or Dec. 8  
7 to 9 p.m.  
Clinton Township hospital  
Cost: \$20

### Prepared Childbirth Workshop

A one-day workshop covering the process of labor and delivery, labor-coping techniques and support skills. Cesarean birth, medical procedures during labor and delivery and a tour of our Birthing Center also is included.

Oct. 18, Nov. 8 or Dec. 13  
8:30 a.m. to 4 p.m.  
Clinton Township hospital  
Cost: \$65

A weekly series is also available, call for more information.

## COMPLEMENTARY MEDICINE

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

### Flower and Gem Essences

Find out how to relieve stress and anxiety and put the body back into energetic balance. Flower essences are energetic infusions of flowers and gems in water and can assist in decreasing anxiety. Other relaxation techniques will be discussed and a meditation exercise will be included.

Oct. 13  
6 to 8 p.m.  
Clinton Township hospital  
Cost: \$25

### Fully Figured Yoga

Have you always wanted to try yoga but didn't feel comfortable walking into just any class? Learn to enjoy the freedom and peace within your own body during this class.

Tuesdays, call for start dates  
6 to 7 p.m.  
MORC Rehab Services  
Cost: \$60 for 10 weeks

### Meditation Class

Learn and practice different types of meditation and relaxing breathing techniques. The goal of this class is to help you establish a regular, daily meditation practice.

Oct. 9, 23 and Nov. 6  
6:15 p.m. to 7:30 p.m.  
Clinton Township hospital  
Cost: \$15 for three sessions

### Personal Intro to Reiki

Reiki is an ancient, hands-on healing technique that promotes healing by integrating and balancing the physical, mental, emotional and spiritual aspects of your being.

Sept. 16, Oct. 21 or Nov. 18  
6 to 7:30 p.m.  
Clinton Township hospital

### Reiki Practitioner Training

Level 1 – Sept. 23 and 25  
5:30 to 9:30 p.m.  
Clinton Township hospital  
Call for pricing information

### Relaxation Yoga

This class is perfect for anyone who wants to combine gentle stretching with breathing and relaxation techniques. A restful practice designed to rejuvenate and restore your body.

Thursdays, call for start dates  
6 to 7 p.m.  
MORC Rehab Services  
Cost: \$60 for 10 weeks

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



## THE GREAT AMERICAN SMOKEOUT: MAKE NOV. 20 YOUR QUIT DATE

By quitting – even for one day – smokers will be taking an important step toward a healthier life – one that can lead to reducing cancer risk. The health benefits of quitting start immediately from the moment of smoking cessation.

Educational displays and information will be available. Incentive gifts and raffles will be available if you turn in your pack that day. More resources on preparing to make this your quit day are available by calling Henry Ford Health System Tobacco Treatment Services at **(888) 427-7587**.

Nov. 20  
Various Henry Ford Health System locations  
Call **(800) 532-2411** for details.

# LIVEWELL



**HENRY FORD  
MACOMB HOSPITALS**

15855 19 Mile Road  
Clinton Township, MI 48038

Nonprofit Org  
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**PAID**  
Henry Ford  
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