

LIVEWELL

SUMMER 2014

ALSO INSIDE:

- >> GET YOUR BEST SLEEP
- >> BEAT THE CLOCK
- >> BE THE FAMILY THAT PLAYS TOGETHER

Reap the REWARDS
of GARDENING

short takes

WHAT'S HOT THIS SUMMER?

WOUND CARE IN YOUR NEIGHBORHOOD

Between 3 and 5 million Americans have wounds that won't heal and that keep them from working and enjoying activities that others take for granted. Their wounds result from diabetes, poor circulation, pressure ulcers, vascular disease and other health problems.

The Henry Ford Macomb Wound Management & Consultation Centers provide multidisciplinary and comprehensive chronic wound treatment in convenient locations in Clinton and Chesterfield townships.

Our seasoned group of physicians and nurses have years of advanced training and experience in successfully healing wounds. A nurse practitioner coordinates all services, ensuring continuity, timely care and patient satisfaction.

Services and consultations are coordinated with your personal physician. All diagnostic studies and evaluations needed to assess and treat chronic nonhealing wounds can be performed within the centers. Patients no longer need to travel from site to site to find the best, most advanced care available.

For more information or to schedule an appointment, please call the nearest Henry Ford Macomb Wound Management & Consultation Center location:

- In Clinton Township at **(586) 228-6220**.
- In Chesterfield Township at **(586) 421-3080**.



CHECK OUT WELLNESS WEDNESDAYS

Henry Ford Macomb offers a fun and free way to work out this summer. Wellness Wednesdays takes place at the Mall at Partridge Creek.

Bokwa® aerobic fitness and yoga sessions will take place on alternating Wednesdays in the mall's center court. Join us from 9 to 9:45 a.m., weather permitting:

- **Yoga:** July 23; Aug. 6 and 20.
- **Bokwa fitness:** July 16 and 30; Aug. 13 and 27.

Visit HenryFordMacomb.com or call **(800) 532-2411** for class details.

URGENT CARE IS THERE FOR AFTER-HOURS CARE

Don't let an unexpected illness or injury ruin a beautiful summer day. Henry Ford Macomb's Urgent Care Centers see patients with situations ranging from eye and bladder infections to earaches and broken bones.

The Urgent Care Centers in Fraser, Bruce Township, Shelby Township and Chesterfield Township are open weekdays from 8 a.m. to 10 p.m. and weekends and holidays from 10 a.m. until 6 p.m. Go to HenryFordMacomb.com/urgentcare for maps, directions and phone numbers.



Women's Roles Have Changed ... But What About Our Biological Clocks?

Back in 1947, women made up just 12.2 percent of students at American colleges. Today that picture has changed drastically – college women now outnumber college men, making up 60 percent of the college and university population. Women pursuing MBAs are at an all-time high as well, making up one-third of all candidates. They are starting businesses at a rapid pace as well.

For these reasons, among others, many women are delaying marriage and families. About one in 12 have their first child after the age of 35. Is this a good idea or a bad one?

“It all depends on the woman,” answers Henry Ford Macomb obstetrician/gynecologist Stephen Redding, MD. “There are risks and benefits to both scenarios – having children in your 20s and early 30s versus becoming a mother for the first time (or again) into your 40s.”

THE PROS AND CONS OF WAITING

In the age of in vitro fertilization (IVF) and donated eggs, it may seem that science has conquered infertility. Not true, says Dr. Redding. “After age 40, the success rates of artificial reproductive technology drops. Fertility can't be extended indefinitely.”

While many women give birth successfully into their 40s, some of the risks include:

- Infertility – your chances of getting pregnant in a given month decrease as you age.
- Increased risk for genetic abnormalities – such as five times the risk for Down syndrome for women older than age 35.
- Miscarriage – the risk doubles for women over 40 compared to women in their 20s and early 30s.
- Pregnancy-related health problems – increased risk for gestational diabetes, high blood pressure and pre-eclampsia.
- Labor problems – higher risk for prolonged second-stage labor, fetal distress, cesarean section and stillbirth.
- Multiple births – even without fertility treatments.

Yet, Dr. Redding notes, many women follow a healthy lifestyle and are physically well-prepared for motherhood, even as they approach middle age. Older moms often report benefits to waiting.

“Many people who become parents later in life say they have more patience,” he says. “They have a greater appreciation for parenthood, and if they've got established careers and greater financial security, they have less stress and more time to devote to their child, plus more flexibility for things like choosing a home based on school systems.”

MAXIMIZE YOUR ODDS

“If you have existing medical conditions, like high blood pressure, thyroid problems, obesity or diabetes, work with your physician to be sure your condition is stable, and discuss with your physician how pregnancy may affect your condition,” advises Dr. Redding. “And if you smoke, stop. If you're older than 35 and have been trying to get pregnant for more than six months, talk with your physician.”

EVERY day is
a **BIRTH** day

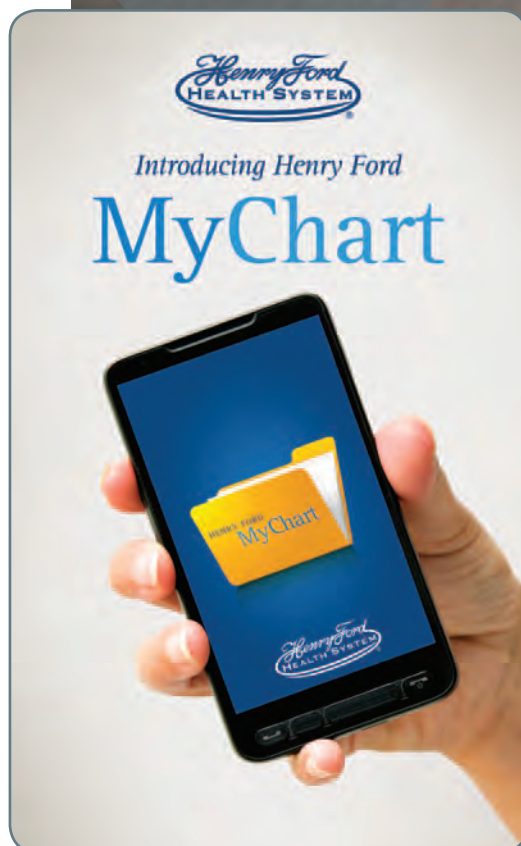
Henry Ford Macomb has been bringing new life into the world for 110 years. Our Birthing Center includes:

- 17 private labor/delivery/postpartum rooms
- More than 20 physicians and certified nurse midwives
- A special care nursery and board-certified neonatologists for newborns requiring more specialized services
- New parent education classes.

For more information, see page 11 or call (800) 532-2411.

Introducing Henry

Giving you personalized,
secure online access to
your health records



Henry Ford MyChart gives you easy 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 your MyChart account through your iPhone or Android smartphone using the MyChart mobile app.

"It's an awesome tool to track appointments and your medical information," notes Beverly Hartman, 77, of Sterling Heights.

Bev said that signing up for MyChart was easy, and she can now view all her Henry Ford information from her specialists and hospital interactions in one easy-to-use place. Similarly, Bev's physicians are now more efficiently coordinating her care, since they are using the same medical records system.

Ford MyChart



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

SIGNING UP FOR HENRY FORD MYCHART

You will need an activation code to sign up. Your personal activation code will be printed on your discharge summary if you received care in the hospital or emergency department. Otherwise, you can go to HenryFord.com/Mychart to request a code.

Once you are signed up, you can access your chart from any computer or smart phone (after downloading the free MyChart mobile app).

TEST RESULTS

"Amazing" is how MyChart users describe the test results reporting. Your lab and radiology test results are released to your Henry Ford MyChart account as soon as

the results are received, many within 24 to 48 hours. Please note your physician may not have reviewed them yet. Select sensitive test results will only be released after your physician has reviewed them.

"PROXY" ACCESS

You can view a child or loved one's medical record through "proxy" access. Once a MyChart account is activated, go to My Account, then My Family's Records and click on the appropriate choice and fill out the form.

HEALTH LIBRARY

View animated videos of surgical procedures, learn more about managing a chronic disease or staying

healthy – in body, mind and soul. It's all available on the Henry Ford MyChart's health library. Hundreds of topics can be easily searched to find up-to-date, accurate health information.

PRIVATE AND SECURE

Henry Ford takes great care to ensure your health information is kept private and secure. Access to information is controlled through secure activation codes, personal IDs and passwords. Further, Henry Ford MyChart uses the latest technology to automatically encrypt your session. Unlike conventional e-mail, all Henry Ford MyChart messaging is done while you are securely logged on to our website.



It's summer in Michigan – time to trade in your free weights for freesias. Swap your dumbbells for bluebells. Trade your treadmill for tomatoes. Tend your garden and reap five important health benefits.

1. TRIM YOUR SHRUBS – AND YOURSELF

The movements you'll make as you garden – digging, planting, pruning, raking and weeding – make for great low-impact exercise.

In fact, one study identified muscle groups and calories burned during 30 minutes of typical gardening activities (see Gardening By The Numbers, at right).

If you're digging or raking, try doing it right-handed 15 to 20 times, then switch to left-handed 15 to 20 times. Research shows that gardening for just 30 minutes daily will also help:

- Increase flexibility.
- Strengthen joints.
- Decrease blood pressure and cholesterol.
- Lower your risk for diabetes.
- Slow osteoporosis.

2. GET YOUR VITAMIN D

Vitamin D helps your body absorb calcium and helps prevent osteoporosis. You can get it from sunshine, especially during Michigan's spring and summer – 15 minutes three times weekly is all you need. The sun must shine on exposed skin without sunscreen – so go without for the first few minutes, then apply sunscreen to protect against skin cancer.

3. EAT WHAT YOU GROW

A garden helps you eat more fresh fruits and vegetables, which research suggests can lower your risk for stroke, coronary heart disease, high blood pressure, high cholesterol and type 2 diabetes. It may also lower your risk for certain types of cancer. To start your garden, find a spot in your yard that receives at least six hours of sunlight. Start small, and plant things you'd really like to eat.

Your GARDEN Is Your GYM

4. CLEAR YOUR MIND

"We derive benefits in terms of the sensory feedback from the smell, touch and engaging in an activity with living plants," notes Karen Buzo, an occupational therapist with Henry Ford Macomb Behavioral Health Services. "Gardening is also a familiar, step-by-step task which keeps us in the present moment. That helps free us from stress – from dwelling in the past or anxiety about the future."

Some studies have even linked gardening to a reduction in risk for dementia.

Gardening is proven to decrease cortisol, which is a good thing. Cortisol is a hormone that interferes with learning, memory, immune function and bone density while also causing weight gain and increased blood pressure, cholesterol and risk for heart disease.

At the same time, garden soil contains a bacteria

that's linked with increased serotonin production in the brain. That's a good thing, too, because serotonin helps regulate mood, appetite and sleep.

5. ENJOY SOME FAMILY TIME

Got kids or grandkids? Get them involved. Teaching kids the difference between weeds and plants, how to plant seeds and bulbs and letting them experience the joy of harvesting things they've grown can:

- Cultivate a lifelong love of gardening and the outdoors.
- Nurture an appreciation for healthy, homegrown fruits and vegetables. (Kids who garden are more likely to eat fruits and vegetables and to try new foods.)
- Prepare them for eventually having homes and gardens of their own.

5 GROUND RULES

1. Set small, achievable goals for each portion of the day. Don't try to transform your yard in a weekend.
2. Pace yourself, tackling a task steadily, a little at a time.
3. Take five-minute breaks every hour to sit down, stretch and drink fluids.
4. If you must bend, bend with your knees, not your back.
5. Ask for help if you have to move something heavy or awkward.

PROTECT AGAINST PAIN

Gardening is an activity that can work, even for people suffering from chronic pain or other disabilities. Here are some tips to enjoy gardening without the pain:

- **Create raised garden beds.** Raised beds are usually 4 to 8 inches above the ground, but beds can be created that are 2 to 3 feet high. Or, look into vertical wall or tabletop gardens.
- **Plant in pots.** You can plant vegetables, flowers and even fruit trees in pots. Use containers at least 24 inches in diameter. You can put them on movable wheeled carts.
- **Use a kneeler.** Foam-padded kneelers protect your knees and help prevent backaches.
- **Use long-handled tools.** Tools with handles 3 to 4 feet long enable you to work more upright.
- **Change it up.** Divide tasks so you're not spending a day doing one repetitive motion. For instance, weed a section, then water it before going on to weed the next section.

Gardening By The Numbers

Activity	Muscle Groups Worked	Calories burned per 30 mins.—Women	Calories burned per 30 mins.—Men
Digging/spading the garden	Upper body, back and legs	150	197
Mowing with a rotary power mower	Whole body	135	177
Weeding (if you stoop while you weed)	Legs, hips, buttocks, hamstrings	138	181
Raking the yard	Arms, shoulders, back, hamstrings, buttocks	120	157
Planting	Whole body	135	177
Pruning	Hands, forearms, upper back	135	177



Be the Family That Plays Together

You don't have to look any further than the mirror to identify your child's main role model.

Children naturally mimic their parents – that includes their attitude toward exercise. To help your child to be more active, you have to walk the walk. And run the run. And bike the bike. Studies show that children are more likely to exercise if their family and friends are interested in physical activity.

Exercise as a family to make fitness fun and ensure that everyone is getting the recommended level of activity they need. Children ages 6 to 17 should get at least an hour of physical activity every day, according to the Centers for Disease Control and Prevention (CDC); adults require about half of that.

Besides the obvious physical benefits from exercise, such as increased endurance and strength and maintaining a healthy weight, active children are generally more confident and are more likely to be successful both in their daily school work and on standardized tests.

Here are some activities for the whole family to try:

- Walk the dog together.
- Bike or walk to a neighborhood park.
- Take an exercise class designed for the entire family such as yoga or aerobics.
- Split up into teams for a game of basketball, soccer or kickball.
- Teach your kids the jump rope games from your youth.
- Play catch with a football, baseball, softball or Frisbee.
- Compete at an exercise-based video game such as Wii Fit.
- Go on an outdoor scavenger hunt for natural objects such as leaves of different colors, acorns or stones of various shapes.

Make physical activity as much a part of your family's daily habit as eating dinner together. That way, exercise will be just another part – maybe even the most enjoyable part – of your family routine.

Play It Safe

Family playtime can be fun for all ages, but let's face it – the adults are most likely to twist, turn or tweak something in the heat of the activity.

Remember to warm up your muscles and then do some light stretching before the real fun starts to make sure you are in top form. If you do find yourself sidelined from injury, don't tough it out. Seek medical attention promptly to prevent further injury.

Often physical therapy will be a part of the care plan for the most common types of injuries. Henry Ford Macomb Rehabilitation staff and facilities meet the rigorous standards set by The Joint Commission in eight convenient locations throughout Macomb County.

For more information about Henry Ford Macomb Rehabilitation Services, call **(800) 532-2411**.



Lights Out



A 20-ounce coffee. Energy drinks. A sugar buzz. No matter what the advertisements may say, there is no substitute for a good night's sleep. In fact, the consequences of insufficient sleep can be severe – even deadly.

“You need your sleep in order to recharge your brain and body for the next day,” says Henry Ford Macomb family medicine specialist Taylor Pham, DO.

Most women need seven to eight hours of sleep per night, but only about 40 percent get that much.

“When you don't get adequate sleep, you'll notice fatigue, you may have memory-loss issues and general sensations of not feeling well.”

Persistent lack of sleep over time has been linked to many physical and mental health conditions, including:

- Disruptions in thinking, learning, decision-making and reaction times.
- Relationship problems.
- Emotional problems.
- Depression.
- Increased risk for heart disease, kidney disease, high blood pressure, diabetes and stroke.
- Obesity.
- Infertility.
- Weakened immune system.

Women are twice as likely as men to have sleep problems. “This is often because of stress,” Dr. Pham notes. “Women's minds are racing, thinking about problems. We encourage exercising throughout the day to help with that – as well as going to bed on time. One thing you should never do is use alcohol to self-medicate—either because you feel depressed or because you feel like it helps you sleep better. It may make you feel relaxed or feel good just before bed, but besides causing liver issues, you risk excessive sedation. Alcohol is a depressant, so it will make problems worse.”

Sleep aids – either prescription medications or those you can buy over the counter – should be used with caution, and only as a temporary measure, Dr. Pham adds.

“Instead of handing you a pill, we recommend cognitive behavioral therapy. Medicines are just for short-term use until you figure out what you really need to do to improve your sleep quality.”

WHEN SHOULD YOU SEE YOUR PHYSICIAN?

Dr. Pham advises getting help when you notice your quality of life is impacted.

“When it gets to the point where you're so tired you're having difficulty working, if people notice you're dragging, your functioning during the day is down, and you feel like you can't enjoy anything, we want you to come see us.”

! The Henry Ford Macomb Sleep Medicine Center makes it easy for patients to be evaluated and receive treatment for sleep issues. All patients begin by completing a questionnaire and a sleep diary, before a physician takes a complete medical and sleep history.

If necessary, patients are scheduled to stay overnight at the Sleep Medicine Center for a polysomnography, a painless test that monitors sleep patterns as well as heartbeat, breathing, oxygen levels and other body functions during a night of sleep.

Sleep Medicine Center patients may get a physician's prescription for testing, or may schedule an appointment directly with the Center. Some patients may need an appointment with our sleep specialist prior to testing to ensure that the appropriate data is recorded.

To schedule an appointment at our Clinton Township Center, call **(586) 203-1030**.

5 TIPS FOR A GOOD NIGHT'S SLEEP:

- Get in an aerobic workout daily – mornings are ideal, but try to finish a few hours before bedtime.
- Avoid alcohol, especially within four to six hours of bedtime.
- Avoid caffeine, especially after noon.
- Keep electronics – like computers, tablets and phones – out of the bedroom.
- Go to bed at the same time every night.



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

Ask A Pharmacist

Henry Ford pharmacists will be available to discuss how to take your medications safely in this informal, walk-in event. Be sure to bring your medications or a list with the name, dosage and frequency so that the pharmacists can answer any questions you may have. Registration is required.

Aug. 21
5:30 to 8:30 p.m.
Clinton Township hospital

Bariatric Support Group

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

July 23, Aug. 27, Sept. 24
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. The class focuses on preparation for bariatric surgery and post-surgical care, including diet maintenance and exercise.

- Aug. 11, Sept. 8, Oct. 13
6:30 to 8 p.m.
Clinton Township hospital
- Aug. 28
11 a.m. to 12:30 p.m.
Clinton Township hospital
- July 28 or Sept 22
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.

Aug. 14, Sept. 11 and Oct. 9
11 a.m. to 1 p.m.
Clinton Township hospital – Main Lobby

Caregiver Café

The free 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.

- July 22 – Nutrition Management
- Aug. 19 – Help with hands-on care and home safety
- Sept. 23 – Understanding and managing behavioral changes

1 to 2 p.m.
Clinton Township hospital

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:

- Fraser Center at (586) 285-3999
- Chesterfield Center at (586) 421-3052
- Bruce Township Center at (810) 798-6418
- Shelby Macomb Medical Mall at (586) 323-4700

Women's Health Retreat: Save the Date

You're invited to join us for a special event focused on your health and well-being. This health 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. Sept. 27

Skyline Camp and Retreat Center, Almont
Call (800) 532-2411 for more details and pricing information.

WEIGHT MANAGEMENT

The Henry Ford Macomb Center for Weight Management offers three ongoing programs. The options include:

- **Decision-Free Diet**, the medically supervised program designed for those who wish to lose more than 30 pounds
- **Healthy Solutions** for those seeking moderate weight loss
- **Simple Choices**, a less structured program

Weight loss classes take place in 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** unless otherwise noted.

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
Clinton Township Hospital

Cancer Survivorship Workshops: Living With, Through and Beyond Cancer

Join us for free workshops that offer cancer survivors, their families and friends practical information from leading cancer experts to help cope with cancer concerns, especially those that arise after treatment ends. Participants are encouraged to come with their questions and personal tips in dealing with their cancer. Light refreshments will be provided. To register, call **(800) 532-2411**.

- **Understanding peripheral neuropathy**
Aug. 14
1:30 to 3 p.m.
Clinton Township hospital
- **Age and cancer – The impact of a cancer diagnosis at each stage of life**
Sept. 4
1:30 to 3 p.m.
Clinton Township hospital

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
Clinton Township Hospital

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 – call **(586) 263-2237**. Second Wednesday of the month, 2:30 to 4 p.m.
Clinton Township Hospital

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 modern 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. Aug. 11 and Sept. 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. Aug. 23 or Sept. 6
8:30 am to 4 p.m.
Clinton Township hospital
Cost: \$65
A weekly series is also available, please call for more information.

COMPLEMENTARY MEDICINE

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

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, beginning Sept. 9
6 to 7 p.m.
MORC Rehab Services, Clinton Township
Cost: \$60 for 10 weeks

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, beginning Sept. 11
6 to 7 p.m.
MORC Rehab Services, Clinton Township
Cost: \$60 for 10 weeks

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
6 to 7:30 p.m.
Clinton Township hospital

Reiki Practitioner Training

Advanced Level
Sept. 13
9 a.m. to 6 p.m.
Clinton Township hospital
Call for pricing information.

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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 HENRYFORDMACOMB.COM



FINISH THE FIGHT AGAINST BREAST CANCER

Making Strides of Macomb



**HENRY FORD
MACOMB HOSPITALS**



The American Cancer Society Making Strides Against Breast Cancer walk is the largest network of breast cancer awareness events in the nation.

Last year, nearly 1.2 million Making Strides walkers in 300 communities turned awareness into action by helping to raise more than \$60 million for the American Cancer Society. Today, we're leading the way in transforming breast cancer from deadly to treatable and from treatable to preventable.

The progress we are making together is nothing short of remarkable. But we need your help to finish the fight.

MAKING STRIDES OF MACOMB COUNTY 5K WALK

Saturday, October 18

Registration begins at 8 a.m.

Walk begins at 9 a.m.

Downtown Mount Clemens

MAKING STRIDES OF MACOMB KICKOFF

Wednesday, August 20

7 p.m.

Macomb Intermediate
School District Building

To join the Henry Ford Macomb Hospital Team: Go to MakingStridesWalk.org and search for Pink Power Train