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Northville Community Briefs

MARCH 19, 2009

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Free health program

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The National Kidney Foundation of Michigan is hosting a free health workshop in Northville from March 30 to May 11. The Personal Action Toward Health (PATH) class will meet on Mondays from noon-2:30 p.m. at the Northville Senior Center on 303 W. Main Street.

The PATH workshop provides information and skills to adults with ongoing health conditions such as arthritis, heart disease, chronic kidney disease, diabetes, bronchitis, asthma and depression. Workshops are run by trained lay leaders who hold informal, small group discussions and provide easy-to-understand course materials. Instructors explain ways to reduce pain and stress, cope with fatigue, use medications wisely, and benefit from exercise. Participants also learn about self-help devices that can enhance daily activities and are given an opportunity to ask questions about health concerns.

Registration for the PATH Workshop is necessary and enrollment is limited. Contact Dennis Smith at (248) 349-4140 or call the National Kidney Foundation of Michigan at 800-482-1455.

Get Started

The Breast Cancer 3-Day season is kicking off with Get Started Meetings in the Northville area this month. Invited to attend are prospective participants and individuals who are already registered to learn about training and fundraising.

The next meeting is 6:30-8 p.m. Thursday, March 19 at Botsford Hospital (Zieger Administration and Education Building), 28050 Grand River Avenue, Farmington Hills. Another meeting takes places from 10:30 a.m. to noon on Saturday, March 28, at Plymouth District Library, 223 S. Main Street, Plymouth.

First Gentleman promotes leadership

As The Page Turns Bookstore & Gallery will host a book signing with Daniel G. Mulhern, First Gentleman of the State of Michigan, from 4-6 p.m. on April 25.

Mulhern's book is titled *Everyday Leadership: Getting Results in Business, Politics, and Life*. Mulhern is a graduate of University of Detroit Jesuit High School; Yale, where he received a BA in religious studies with magna cum laude distinction; and Harvard, with a JD degree with a cum laude distinction.

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