

WOMEN'S HEALTH EVENTS

Beaumont Hospitals, in conjunction with the Michigan Women's Foundation, is celebrating National Women's Health Week, May 9 -15

Monday, May 10

Stress Survival – 9:30 - 10 a.m. *

Tips and techniques to manage stress. Also blood pressure checks.

Successful Sleep Strategies – 10 - 10:30 a.m. *

Presented by Dr. Sorin Vladescu; learn how to enjoy a more restful and quality sleep. Also blood pressure checks.

Relaxation Techniques & Guided Imagery - 10:30 - 11:30 a.m. *

Presented by Jennifer Wride, BSN; learn to calm your mind and clear your thoughts. Also blood pressure checks.

* Events held at Beaumont Family Medicine Center, St. Clair Shores, 21400 11 Mile. For more information, call 586-498-4400

Tuesday, May 11

Hypertension Screening & Lecture – 9 – 9:30 a.m. **

Osteoporosis Screening & Lecture – 9:30 – 10 a.m. **

Taking Care of Yourself – Health Maintenance – 10 – 10:30 a.m. **

An informative health lecture and self-breast exam instruction.

Finding Peace & Balance in a Stressful World – 10:30 – 11 a.m. **

Integrative Medicine offers clinical massage, medical acupuncture, energy balancing, guided imagery, reflexology and more.

** Events held at Beaumont Family Medicine Center, Sterling Heights, 44250 Dequindre. Registration suggested: 248-964-0400

Ministrelli Women's Health Fair – 1 – 3:30 p.m.

Showcasing women's heart health, Integrative Medicine, women's urology, ergonomics, blood pressure and blood sugar testing, smoothies, and more! Beaumont Hospital, Royal Oak, 3601 W. 13 Mile, East Tower lobby. For more information, call 248-898-8794.

Fitness Assessment for Women Over Fifty – 4 – 6:30 p.m.

Fitness assessment for strength, flexibility, and body composition. Also guidelines for creating a personal fitness plan. Bon Brae Center, 22300 Bon Brae, St. Clair Shores. Registration required: 800-633-7377

The 8 Colors of Fitness – 6:30 – 7:30 p.m.

An interactive program to educate on choosing enjoyable physical activities. Bon Brae Center, 22300 Bon Brae, St. Clair Shores. Registration required: 800-633-7377

Wednesday, May 12

Wednesday Wellness: Easy Lo-Cal High-Fiber Dishes – 1 – 2 p.m.

Beaumont nutritionist lecture & cooking demonstration by Chef Peter Julian from Hiller's Markets. Orchard Mall, 6445 Orchard Lake Road, West Bloomfield, Center Court

Chamber Mixer – 5:30 – 6:30 p.m.

Meet and greet with Grosse Pointe, Eastpointe-Roseville & MetroEast chamber members. Public welcome. Beaumont Hospital, Grosse Pointe, 468 Cadieux, Connelly Auditorium

Thursday, May 13

Pickleball Clinic - 7 - 8 p.m.

If you've played tennis or racquetball, you'll love pickleball. Wear gym shoes and workout clothes– no equipment necessary. Bon Brae Center, 22300 Bon Brae, St. Clair Shores. Registration required: 800-633-7377

That Menopot Thing! – 7 – 8:30 p.m.

Tips and tools to help counteract unexpected weight gain during midlife years, plus The 8 Colors of Fitness. Beaumont Hospital, Grosse Pointe, 468 Cadieux, Connelly Auditorium. Registration required: 800-633-7377

Regain Your Freedom: Bladder Control and Other Unmentionables – 7 p.m. (6:45 p.m. sign-in)

Lecture by Dr. Kenneth Peters and tours of new Women's Urology Center. Beaumont Hospital, Royal Oak, 3601 W. 13 Mile Administration Building Auditorium. Registration suggested: 800-633-7377. Sponsored by Greater Detroit Chapter of Hadassah

Saturday, May 15

Women's Health Fair – 11 a.m. – 2 p.m.

Healthy cooking demonstration, mini-fitness assessments, blood pressure checks, ask the OB/GYN and more. For more information, call 313-343-1437. Beaumont Hospital, Grosse Pointe, 468 Cadieux, Connelly Auditorium

Wednesday, May 19

Sensible Eating on the Go – 7 – 8 p.m.

Making smart food choices and tips for planning ahead. Beaumont Hospital, Troy, 44201 Dequindre, Classrooms 3 & 4
or
Beaumont Hospital, Grosse Pointe, 468 Cadieux, Connelly Auditorium. Registration required: 800-633-7377

Wednesday, May 26

Sensible Eating on the Go – 7 – 8 p.m.

Making smart food choices and tips for planning ahead. Beaumont Health Center, Royal Oak, 4949 Coolidge, Conference Room 1. Registration required: 800-633-7377

🌸 🌸 May 11 through May 13 🌸 🌸

Free FitPass for women over 50

Bon Brae Center, 22300 Bon Brae, St. Clair Shores. Call 800-633-7377 for a free FitPass and fitness class schedule.

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