



MCLAREN HEALTHCARE CORPORATION

GLCI News—5680 Bow Pointe,
Clarkston, MI 48346—248-922-6600

Free Screenings Offered at GLCI

Call 248-922-6610 for more information.

May 13, 2011

Skin Cancer Screening

3:00 to 5:00 p.m.

Limited appointments available—Call

248-338-5748

Get your free exam today!

Boater's Safety Class

May 23rd and 25th, 2011

6 to 9 p.m., Call Marie Bristow for more information 248-338-5460

Classes are held in the conference room at GLCI-Clarkston



A heart that loves is always young.
- Greek Proverb



Cancer Support Groups—Public Welcome

4th Thursday of each month:

General Support Group 2 to 3 p.m.

All groups are held in the Conference Room at GLCI.

Free Smoking Cessation Series

- May 11 and 18th, 2:00 to 4:00 p.m.
- July 13 and 20th, 5:30 to 7:30 p.m.

These classes are based on the American Cancer Society's Freshstart Program and consists of two-two hour sessions. Held in the conference room at GLCI, Clarkston, 248-922-6606 for info.

Healing Art

Beginning Photography

This FREE class is designed for the beginner photographers who wants to learn how to take better pictures. Classes are held Tuesdays in the GLCI Clarkston Community room and will run 4 consecutive weeks. May 3rd thru May 24th, 2011—1:00 to 2:00 p.m. call 248-922-6606 to register.

ACS- Look Good Feel Better

- Free makeover for all women in cancer treatment—please call 1-800-395-LOOK for reservations
- 6-13-11
- 9-12-11
- 12-12-11
- All classes are held on Mondays from 1:00 to 3:00 p.m.
- GLCI-Clarkston-Conference Room

Cancer Survivor Celebration Melanoma

June 2, 2011

Come celebrate being a cancer survivor!

Come enjoy a delicious lunch in the Clarkston Community Room from 11:00 a.m. to 1:00 p.m. for the patients of Dr. Frazier, Dr. Franklin and Dr. Pallas.

Please RSVP by May 27th by calling 248 922 6603.

Each year, more than 1 million Americans are diagnosed with skin cancer, the most common form of cancer. Of these, more than 65,000 people will be diagnosed with melanoma, the most serious type of skin cancer.

- Sun Basics
- Slip on a Shirt, protect your skin with clothing.
- Slop on Sunscreen
- Use a sunscreen with a SPF of 15 or higher.
- Slap on a Hat
- Wear a hat with a wide brim.
- Look for Shade in the middle of the day.



Protect your eyes. Wear sunglasses.
Always Slip! Slop! Slap!

ACS DetermiNation

The American Cancer Society endurance event program is a powerful and inspiring movement that saves lives by enabling athletes of all abilities to dedicate their training and participation in marathons, triathlons and cycling events. By joining the DetermiNation program, you have committed to raise money to support the fight against cancer and to help save lives. Visit acsDetermiNation.org to see a complete list of benefits. Join ACS in the fight, run the Detroit Free Press Marathon, October 16, 2011.



Brooksie Way MiniGrant Awarded to GLCI Clarkston to Promote Fitness Among Cancer Survivors -

GLCI-Clarkston was awarded \$1200.00 from the Brooksie Way Minigrant Foundation for "Managing Cancer through Health and Fitness". This program allowed 5 cancer survivors to meet twice a week for 12 weeks at McLaren's Fitness Center in Clarkston with a personal trainer. The program goals are to improve body image, improve body composition, improve energy levels and self-esteem and to develop an ongoing fitness plan. The class is recommended for people who have recently finished cancer treatment and must have permission from a physician to participate. We hope we can continue this program for our patients here at GLCI; we are actively seeking other funding so we can continually offer it to our patients. If you have any questions regarding this program please call 248 922 6606.

Clarkston High School "Football For A Cure"

The boys trade in their blue and gold jerseys for pink and blue jerseys with the names of family or friends touch by cancer.

August 13, 2011 at 7 p.m.

Show your support purchase a game jersey. Purchase a name plate in honor or memory of a loved one. Be an honorary "Coach of the Day". Purchase a Football for a Cure t-shirt. Order forms available by the coffee bar on the 1st floor near the elevator. For more information on how to get involved call 248.922.6810. Deadline to purchase or volunteer is July 29, 2011.