

# ALIVE MAY HAPPENINGS

## ALIVE Continues Offering Hypnotherapy Sessions!

Hypnosis helps us meet our needs in healthy and beneficial ways, so we can start feeding our body what it needs, and feed our emotions what they need. Maximum 15 people per session. Pre-registration required.

## Hypnotherapy: Smoking Cessation

**Wed., May 18, 5:30-7pm | \$50/person**

*Register by calling (517) 541-5800, opt. 1  
Individual appts. are also available*



## Self-Defense Trainings Available to Public!

Learn basic skills, or build from the basics, to defend yourself during the event of an attack. Wear comfortable clothing. Max 30 people in "The Basics" class, and max 20

people in "Advanced" class. Call (517) 541-5800, opt. 1 to register.

Cost: \$5/person



## **FREE: Family Kite Flying at ALIVE**

**Saturday, May 21: 10 a.m. - 3 p.m.**

Enjoy a couple hours of family fun in the fresh air of PRESERVE. Bring your own kites.

This is a non-ALIVE facilitated activity.



## Parents, Mark Your Calendars for a Night Out!

**Friday, May 20: 6 p.m. - 10 p.m.**

Cost: \$15 first child, \$10 per add'l child (same household)

GROW MEMBER: \$13.50 first child, \$10 per add'l child (same household)

Drop the kids off for an evening of fun. Ages 3-6 (pick up by 8:30 p.m.), ages 7-12 stay until 10 p.m. Supervised activities include: arts and crafts, scavenger hunt, group games, rock wall (45 lbs and up) and more. Pizza dinner provided.

Pre-registration is required by Wed., May 18.



## Financial Fitness - It's Happening Here!

Learn how to improve money skills. Housing Services Mid Michigan is offering four free classes designed to improve financial wellness. Topics include: money management, spending, saving, broowing, credit repair, insurance, consumer protection and fair housing. Free childcare is included (in GROW). To register call (517) 541-1180. **Maximum of 12 people.**

# FINANCIAL FITNESS SERIES

Wednesdays

6p-8p

May 4, 11, 18, 25



Learn how to improve money skills, for free.  
To register call (517) 541-1180.

Free childcare included (ages 3 mo. – 2 years must call 541-5803 for reservation).

**RELISH** has something for everyone in May!

**REGISTER BY CALLING (517) 541-5800 (opt. 1) or  
online at: <https://myalive.mosomyclub.com/login.aspx>**

# MAY RELISH EVENTS

- May 3**      **Cinco De Mayo Desserts**  
*\$30/person, 12 spots remaining*
- May 4**      **Chef's Table: Shrimp & Scallops**  
*\$35/person, 12 spots remaining*
- May 5**      **Sushi Roll & Go**  
*\$10/person, Reservations not required but appreciated*
- May 10**     **Eating Clean**  
*\$20/person, 13 spots remaining*
- May 11**     *Jeanne* **Vegan BBQ**  
*\$30/person, 12 spots remaining*
- May 13**     **Asian Wok Cooking: Spring Vegetables**  
*\$25/person, 15 spots remaining*
- May 15**     **Baking with Kids: Cupcake Decorating**  
*\$10/person, 5 spots remaining*
- May 18**     **Chef's Table: Filet Mignon**  
*\$35/person, 13 spots remaining*
- May 25**     **French Macarons**  
*\$30/person, 13 spots remaining*

*ALIVE is an experience-based, destination health park opened by Hayes Green Beach Memorial Hospital in November 2011. All mid-Michigan residents and visitors are welcome at ALIVE – there are no entry fees or membership requirements. It is located at 800 W. Lawrence Ave., in Charlotte, Mich. Visit [www.myalive.com](http://www.myalive.com) or call **517.541.5800** for more information.*

ALIVE | 800 W. Lawrence Ave. | Charlotte, Mich. | (517) 541-5800

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