

NOVEMBER ALIVE HAPPENINGS

Playmakers' is coming to Charlotte!

Enjoy special event sale pricing, a "buy 3 get your 4th pair free" on all socks and peruse a fabulous array of apparel! Join us on one of two dates!

Fri. Nov. 17th 11am – 6pm
Sat., Nov. 18th 10am – 1pm

Attention ladies! Save the Date!

Focus on your own wants and needs prior to the hustle of the holidays. This FREE event features retail vendors, complimentary chair massages, complimentary wine tasting, prizes, cooking demonstrations, fitness demonstration, free lunch and more!

Not to mention, Playmakers' Satellite Store! We hope to see you here!

Call (517) 541-5800, opt.1 to register!



WOMEN'S HEALTH EXPERIENCE

Sat., Nov. 18th, 10 a.m. - 1 p.m.

women's
TOGETHER IN HEALTH



Know a veteran? Let them know we want to show our appreciation for them in MOVE!




In honor of Veterans Day, we thank you for your service!

FREE MOVE guest pass with proof of military ID

week of
Nov. 6th – 11th

Parents! Looking for a handmade holiday gift idea that your child can make?



**POTTERY PLATE
PAINTING WORKSHOP**

Sun., Nov. 12th | 2-4PM | Cost: \$20
Ages 2-12 (ages 2-6 must be accompanied by an adult) Pre-register at 541-5803

See what's cookin' this November!

REGISTER BY CALLING (517) 541-5800 (opt. 1).

November RELISH Events

- Nov. 1** **Vegan Taste of the Ocean**
- Nov. 4** **Healthy Holiday Baking**
- Nov. 7** **Heart Healthy Cooking:
*Meals from the Heart***
- Nov. 13** **Cooking for Diabetes:
*Diabetes Friendly desserts***
- Nov. 15** **Cooking for Weight Loss**

*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 or call **517.541.5800** for more information.*

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

This message was sent to GTERPSTRA@CHARLOTTEMI.ORG from happenings@hgbhealth.com

ALIVE, Your Community Well-Being Place
 Hayes Green Beach Memorial Hospital
 321 E. Harris Street