

 Like  Tweet  Share

JANUARY ALIVE HAPPENINGS

As volume increases with the new year, remember



Relax . . . AND share health with a friend!

January **FUSE** Special

Free MOVE Guest Pass with purchase of 90 minute massage.

No additional discounts apply. Value \$10.00.



Jumpstart your fitness with MOVE's help!

NEW YEAR, NEW GOALS!

Let our certified personal trainers turn your fitness dreams into *reality!*



Matt Berger



Matt Szymula



Tom Sobleskey

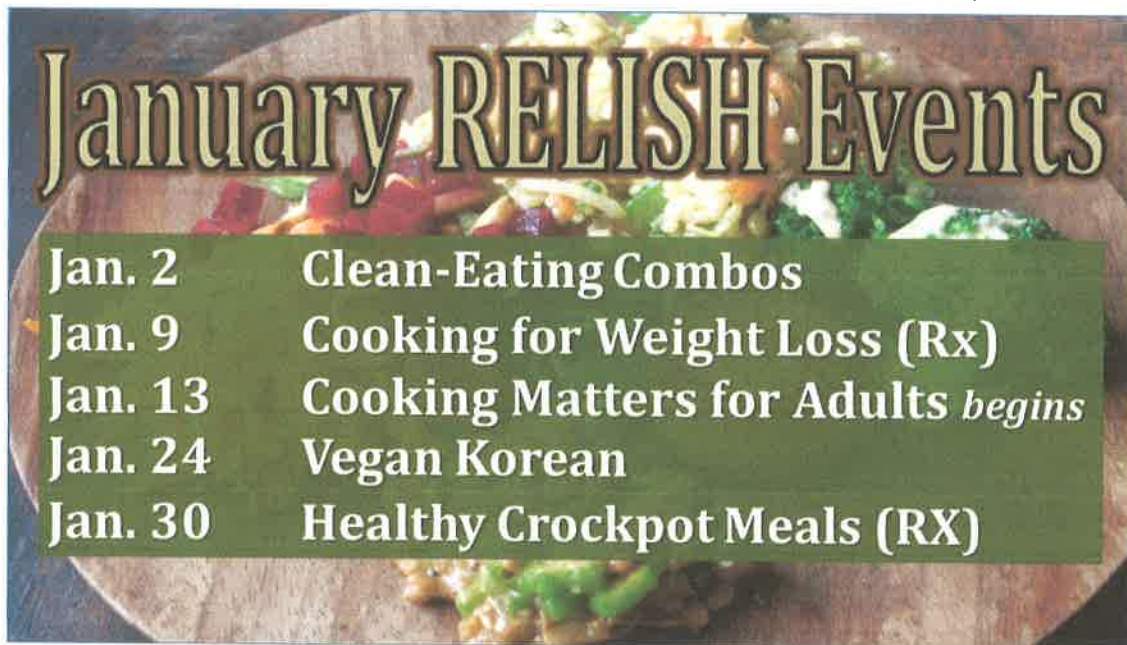


Cheryl Jackson

Stop by or call MOVE (543-9575) to set up your personalized one-on-one appointment today.

See what's cooking in January!

Call (517) 541-5800, opt. 1 to register for one of our cooking demos!



January RELISH Events

- Jan. 2 Clean-Eating Combos
- Jan. 9 Cooking for Weight Loss (Rx)
- Jan. 13 Cooking Matters for Adults *begins*
- Jan. 24 Vegan Korean
- Jan. 30 Healthy Crockpot Meals (RX)

Join us for this **FREE-to-the-community** offering!

(317) 541-5800 • 800 W. Lawrence Ave. • Charlotte, MI 48813 • myalive.com



Professional Speaker Series: Balance & Fall Risk

11:30 a.m. to 1 p.m. | Wednesday, January 17

Cost: FREE



Kim Dickinson, PTA



Karri Wills, PT

Falls among the elderly are prevalent, dangerous and can diminish their ability to lead an active, independent life. Join us for an educational discussion on balance and fall prevention, including lunch and a free balance screening. **Lunch is included for those who register by Fri., Jan. 12.**

Pre-registration required; call (517) 541-5800, option 1.



CORRECTION: Our Parents' Great Escape is happening in January! (Not October) We aren't quite *that* ahead of the game. Please excuse our typo in the prior email. Thank you!



PARENTS GREAT ESCAPE

Sat., Jan. 20th 6 – 10 PM **Ages 3 – 12**
Includes pizza dinner, arts & crafts, rock wall & more!

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

GROW Member: \$13.50 first child
 \$9 per add'l child (same household)

*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

Unsubscribe

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
 Charlotte, MI 48813

