

MARCH ALIVE HAPPENINGS

Did you know? One of many great reasons to try out ALIVE today!



Did you know MOVE offers nearly 100 Group Exercise classes *per week?*

You can attend in one of three ways!

- 1. Pay per class
- 2. Pay per session
- 3. MOVE Membership



Call (517) 543-9575 to learn more!

Join us for this FREE lunch presentation!

Lunch provided for those who pre-register by March 15; call (517) 541-5800, opt. 1 to register today!

Professional Speaker Series: **Lymphedema & Oncology**

Learn about the potential causes, treatment and prevention of lymphedema, as well as benefits of oncology massage.

Mon., Mar. 19 11:30 AM – 1 PM FREE



Lunch included with Pre-Registration by Thurs., Mar. 15

Parents' Escape! Kid's Play!

Call (517) 541-5803 to register. Limited space available!



PARENTS GREAT ESCAPE

Sat., Mar. 17 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)

Wax off, wax off some more.

Visit us and leave fresh-faced and shaped up!

Call (517) 541-5886 to book your appointment today.

Ladies, join us for our monthly tea to be inspired!

Mingle, enjoy snacks and be wowed with design ideas!

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

Women's Tea:
Jem Easter Tablescaping
Featuring: Lori Pray

Wed., Mar. 14
2 - 3 PM

\$5 to participate or FREE to watch



Check out what's cookin' at ALIVE this month!

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

March RELISH Events

Mar. 3	American Girl Breakfast & Beauty
Mar. 6	Clean-Eating Combos
Mar. 15	Cooking for Diabetes: <i>Faux Pasta</i>
Mar. 15	Spiralizing 101
Mar. 20	Heart Healthy Cooking: <i>Celebrate Flavor (Sodium-Free Seasonings)</i>
Mar. 21	Vegan Mexican
Mar. 29	Cooking for Diabetes: <i>Break the Fast</i>

*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**

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ALIVE, Your Community Well-Being Place