

APRIL ALIVE HAPPENINGS

Join us in celebrating O.T. this month!

April is National
OCCUPATIONAL THERAPY
Month



Chet LaFave,
OTRL



Stacy Tapscott,
ORT/L, CHT

Thank you Chet & Stacy for all you do here at ALIVE

Ladies, attend our FREE lunch presentation!

Refreshments provided for those who pre-register by April 12.

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

Professional Speaker Series: **Women's Health**

Ladies, learn about a variety of health topics relevant to all ages, including incontinence/pelvic floor, bone density & heart health!

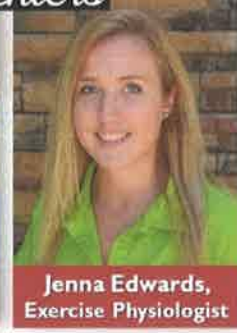
Monday, April 16 5:30 – 6:30 PM FREE



Presenters



Kelli Heyink,
PT, DPT



Jenna Edwards,
Exercise Physiologist

Sticking around this spring break?

We've got you covered! Call (517) 541-5803 with questions!

SPRING BREAK SPECIALS



NERF GUN WARS

**Apr. 2 & Apr. 4
1 – 3 PM**

*Must bring own equipment.
SOAR will be set-up paintball style!*



ROCK CLIMBING SAFARI

**Apr. 6
1-3 PM**

*Kids ages 5+, 45 lbs minimum,
parent present.*



FLOOR HOCKEY

**Apr. 3 & Apr. 5
1-3 PM**

Equipment provided!

Staying local this spring break? We've got you covered for only \$3/day!

Purchase and SAVE with any 90 minute service!

Get pampered and try on some new ALIVE wear.

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

April **FUSE** Special

Get a 15% discount on ALIVE apparel
when you book any 90 min FUSE service.

No additional discounts apply.



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

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

April **RELISH** Events

April 3	Clean-Eating Combos
April 3	Heart Healthy Cooking: <i>Taste the Rainbow</i>
April 12	Cooking for Diabetes: <i>Spring Salads</i>
April 17	Heart Healthy Cooking: <i>Ancient Grains</i>
April 20	Cheese & Chocolate
April 25	Traditional Russian Cooking
April 26	Cooking for Diabetes: <i>Diabetes-Friendly Desserts</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