

AUGUST ALIVE HAPPENINGS

Attention Teachers & Students! This one's for you!
Call (517) 541-5886 to schedule an appointment!



**End this summer on a healthy note with one of our
fabulous cooking classes - for adults and kids!**

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

Summer RELISH Events

June 9	Organized Eats
June 20	Plant-Based Breakfast
June 27	Traditional Russian Cooking
July 23	Survive & Thrive: <i>Cooking for Breast Cancer Survivors</i>
July 25	Survive & Thrive: <i>Cooking for Breast Cancer Survivors</i>
Aug. 2	Kid's Garden to Table
Aug. 9	Garden to Grill
Aug. 18	Organized Eats
Aug. 22	Plant-Based Desserts
Aug. 23	Kid's Garden to Table

Mom's and daughters, get back-to-school ready!



Back to School "Dos"

Join us for this hands-on parent/child workshop to show you easy and cute hair styles for the new school year.

Hair accessories included!

Wed., Aug. 8 5:30 – 6:30 PM

Cost: \$10

Attend this FREE series to help get better organized!

HOME ORGANIZATION



Learn to reduce stress and improve productivity by getting your environment organized!

- Session 1:** *Assess & Plan*
- Session 2:** *Supplies & Declutter*
- Session 3:** *Categorize & Organize*

August 7-21 Tuesdays 4-5PM
Cost: FREE

Early Bird Rates end August 24!

Live. Life. Nspired.

5K Family Walk/Run | Sat. Sept. 8
Register NOW!
\$20/person or \$48/family through Friday, September 7! Family Walk is FREE

*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
Hayes Green Beach Memorial Hospital