

OCTOBER ALIVE HAPPENINGS

Happy Physical Therapy Month!

Let us help you with your rehabilitation needs.

Call (517) 541-5800, opt. 2 to schedule an appointment.

*Join us in celebrating **EMPOWER!***

Together, EMPOWER performs over 4,500 physical therapy, occupational therapy and speech therapy procedures every month!

Our primary focus in HGB rehabilitation is to help patients return to normal activity while receiving an exceptional experience!

This team conducts over 200 new evaluations every month!

These caring, professional staff work with you and your primary care physician to develop a customized treatment plan.

Services include:

- Functional movement screenings
- Graston technique
- IMPACT concussion testing
- Inpatient/outpatient services
- LSVT Big and LOUD (treatment for Parkinson's disease)
- Lymphedema therapy
- Sports medicine

ALIVE
800 W. Lawrence Ave., Charlotte, MI 48813
myalive.com | (517) 541-5800

Join us for one of many FREE seminars during the month!
View our program guide to see all offerings.

Call (517) 541-5800, opt. 1 to register or do so on the ALIVE app!

Professional Speaker Series: **Shoulder Pain & Rotator Cuff Tears**

Learn about the risks, symptoms and treatment options for shoulder pain caused by rotator cuff tears, up to and including reverse total shoulder replacements.
Mon., October 8, 5:30 – 6:30 PM, FREE



Presenter: Dr. Doman

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Refreshments provided. Call (517) 541-5800, option 1 to register!

MUSIC THERAPY

Wed., Oct. 3 | 5:30-7:30 pm | FREE

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Experience scents of fall with our FUSE special!

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

October FUSE Special

Welcome Fall with fresh scents!
 Buy a large diffuser
 & receive a FREE essential oil.
 No additional discounts apply. Value \$8.00.

PARENTS & GRANDPARENTS!

Make note of fall fun in GROW, our children's enrichment area.
 Questions? Call (517) 541-5803.



OCTOBER
 FUN IN:
 G R O W
 ALIVE™

ALL THINGS FALL:

We will learn the songs:
 "5 Little Pumpkins"
 & "There Was An Old Lady"



We will go on nature
 walks to smell the fall
 air, listen to leaves,
 collect leaves and more.

We will be making fun
 fall art projects!



We will talk about
 pumpkins, how they grow
 & make pumpkin pudding!



We will create a GROW
 Farmer's Market to buy
 and sell!



Parents: Feel free to talk to your kids about the fun things they get to explore, learn and create with while spending their time here. Your child's time spent in GROW means a lot to us and we want them to have the BEST experience possible. 😊



Halloween SPOOKTACULAR

ALIVE 800 W. Lawrence Ave., Charlotte, MI 48811
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PARENTS GREAT ESCAPE

Sat., Oct. 20 | 6-10 PM Ages 3 - 12

Includes pizza dinner, Halloween-themed arts & crafts, group games, 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)*

Mmmmm, fall. We can (literally) taste it in RELISH!

Call (517) 541-5800, opt. 1 to book your cooking demo!

Fall RELISH Events

Sept. 12	Traditional Russian Cooking
Sept. 21	Date Night: Sushi
Sept. 24	Cooking for Diabetes: <i>Faux Pasta</i>
Oct. 3	Plant Based Thai
Oct. 4	Heart Healthy Cooking: <i>Celebrate Flavor (Sodium-Free Seasonings)</i>
Oct. 8	Cooking for Diabetes: <i>Break the Fast</i>
Oct. 12	Fall French Macarons
Oct. 18	Heart Healthy Cooking: <i>Taste the Rainbow</i> <i>JEM Survive & Thrive: Cooking for Breast Cancer Survivors</i>
Oct. 22	Cooking for Diabetes: <i>Hearty Fall Soups</i>
Oct. 24	Healthy Crockpot Meals

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

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