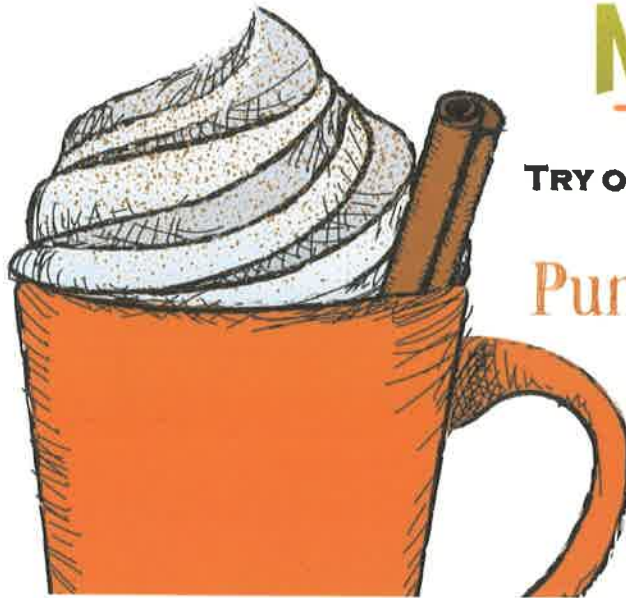


NOVEMBER ALIVE HAPPENINGS

Drop by NOURISH this month for a tasty beverage that feels like fall!



**TRY OUR NOVEMBER SPECIAL
FOR \$3.99!**

Pumpkin Pie Latte



Join us for our annual Women's Health Experience

November 17 from 10am-1pm

Free lunch, free chair massages, fabulous retail selections, 1:1 physician conversations, Playmakers satellite store and more!

WOMEN'S HEALTH EXPERIENCE

Sat. Nov. 17th, 10 a.m. - 1 p.m.

at ALIVE:Your Community Well-Being Place



women's
TOGETHER IN HEALTH



playmakers

Playmakers' Satellite Store

Fri., Nov. 16 11AM- 6PM

Sat. Nov. 17 10AM - 1PM

ALIVE 800 W. Lawrence Ave., Charlotte, NC 28213
myalive.com | (517) 541-5800

November FUSE Special

Book a 90-minute Revitalizing Facial for the price of a 60-minute during the Women's Health Experience (Saturday, November 17, 10am-1pm).

Must book and pay during event. No additional discounts apply. Limit one per customer.



This facial helps to restore your skin from the signs of aging using our NEW Rejuvenate Treatment pen, along with active products designed to stimulate and firm the skin. Come watch a live demonstration at the event!

ALIVE 800 W. Lawrence Ave., Charlotte, NC 28213
myalive.com | (517) 541-5800

Join us for one of these **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:

What is Osteopathic Neuromusculoskeletal Medicine?

Learn exactly what **ONMM** is and how it can help you. The presentation breaks down how **ONMM** was invented, what it is used for, and how it is applied.

Wed., Nov. 7 11:30 AM – 1 PM, FREE



Presenter: Dr. Mueller-Smith



Lunch provided for those who **pre-register** by October 26; call (517) 541-5800, option 1!

Professional Speaker Series:

Living A Distressed Life

Take a moment to breathe easy amidst your busy schedule and invest in **YOU**. Learn ways to use **mindfulness** in your daily living and reap the benefits of decreased anxiety, improved sleep and more!

Mon., Nov. 12, 6 PM – 7 PM, FREE



Presenter: Laura Kay



Refreshments included in this presentation. Register by calling (517) 541-5800, option 1!

PARENTS & GRANDPARENTS!

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



NOVEMBER FUN IN: G R O W ALIVE™

BARNYARD FUN/GRATITUDE:

We will learn the songs about:
Turkeys, Barn Animals,
Being Thankful

We will learn about
barnyard animals, their
babies and have our
own barn for animals!

We will be making fun
handprint turkeys!

We will create edible
cornucopia's to eat!

We will learn about
thankfulness and the
meaning of it, talking
about Thanksgiving!

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. 😊

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

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

Fall RELISH Events

Oct. 3	Plant Based Thai
Oct. 4	Heart Healthy Cooking: Celebrate Flavor (Sodium-Free Seasonings)
Oct. 8	Cooking for Diabetes: Break the Fast
Oct. 12	Fall French Macarons
Oct. 18	Heart Healthy Cooking: Taste the Rainbow <i>JEM</i> Survive & Thrive: Cooking for Breast Cancer Survivors
Oct. 22	Cooking for Diabetes: Hearty Fall Soups
Oct. 24	Healthy Crockpot Meals <i>Rx</i>
Nov. 1	Heart Healthy Cooking: Ancient Grains
Nov. 5	Cooking for Diabetes: Diabetes Friendly Desserts
Nov. 7	Traditional Russian Cooking
Nov. 14	Healthy Holiday Baking <i>Rx</i>
Nov. 15	Heart Healthy Cooking: Meals from the Heart

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](#)