

DECEMBER ALIVE HAPPENINGS

Don't forget to shop ALIVE this holiday season!

Shop now to check our our gift-giving specials running through December 7!

5 DAYS OF ALIVE GIFT GIVING
December 3rd – 7th ONLY!

Plush blanket & travel (USB or battery-operated) oil diffuser

Mug & RELISH cooking class voucher (for any 2019 class)

Ball caps (flex fit & adjustable fit styles)

Children's hoodies (youth, toddler, infant sizes)

Adult Bella hoodies (patterns available)

CHARLOTTE WITH BACK PRINT

Available for order at the NEW ALIVE Cyber Store!

Tis the season for all things Candy Cane!

Did you know you can order online from NOURISH by The Big Salad?

Even coffee & smoothies - so it's ready when you arrive, or ready after your workout! Try it and let us know how you like it!



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

Candy Cane Mocha



Stop by FUSE (the spa at ALIVE) for your gift card & freebie!

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

December **FUSE** *Special*

Purchase a \$50 gift card and receive your choice of a silicone face scrubbie or a travel tea tin FREE!

Dec. 21 – 24 ONLY:
Spend \$100 in gift cards, get a facial scrubbie or tea tin AND \$10 in ALIVE bucks!
No additional discounts apply.

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

PARENTS & GRANDPARENTS!

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



All Things Christmas:

- Learn Christmas carols as well as learn how to sign "Twinkle, Twinkle, Little Star"!
- Create Christmas themed crafts using handprints and pictures that you may take home!
- Make ornaments to decorate the GROW tree!
- Participate in Christmas Break events for all ages - see calendar of events!
- Learn ways to spread Christmas cheer this holiday season!

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. 😊

Look at the deliciousness ahead in RELISH!

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

Winter RELISH Events

Dec. 19	Healthy Holiday Appetizers
Jan. 10	Cooking for Diabetes: <i>Faux Pasta</i>
Jan. 12	Organized Eats
Jan. 16	Plant-Based Seafood
Jan. 17	<i>JEM</i> Survive & Thrive: <i>Cooking for Breast Cancer Survivors</i>
Jan. 18	<i>JEM</i> Date Night: Sushi
Jan. 24	Cooking for Diabetes: <i>Break the Fast</i>
Jan. 31	Mason Jar Breakfasts
Feb. 6	Plant-Based Mediterranean
Feb. 7	Cooking for Diabetes: <i>Hearty Fall Soups</i>
Feb. 8	Valentine French Macarons
Feb. 7	Cooking for Diabetes: <i>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

[Unsubscribe](#)