

FEBRUARY ALIVE HAPPENINGS

It's American Heart Month! Thank your ticker!

**“When you dance to your own rhythm,
life taps its toes to your beat.”**

–Terri Guillemets

Join the MOVEment!

**Help your heart get stronger by taking advantage of the current
MOVE special waiving the \$100 enrollment fee for all new members
who join in February!**

You Still Have 1 Month Left!

JOIN NOW
AND WE'LL
WAIVE THE \$100
ENROLLMENT FEE!

(Valid through Feb. 28, 2019)

Visit myalive.com
for more information
or call (517) 543-9575.

MOVE
ALIVE

800 W. Lawrence Ave., Charlotte, MI 48813

Join the Movement

Become a MOVE member now and we'll waive the \$100 enrollment fee!

Join us for this FREE lunch presentation!

Lunch provided for those who pre-register by February 11; call (517) 541-5800, opt. 1 to register today! [Learn more here.](#)

Interactive Heart Health Event

11:30 a.m. to 1 p.m.,

Thursday, Feb. 14



Free educational event on nutrition and lifestyle strategies, as well as medical interventions that can affect heart health featuring Joel Cohn, M.D., from Sparrow TCI and Deanne Marsell, M.A., R.D., L.D., from Pritikin Longevity Center.

Sponsored by Hayes Green Beach Memorial Hospital and Sparrow TCI

ALIVE
800 W. Lawrence Avenue, Charlotte
Complimentary lunch is provided when pre-registered
by Monday, Feb. 11. Call **517.541.5800**, opt. 1

Have you experienced **RELISH** at **ALIVE**?

This is a great month to taste the deliciousness!

Register by calling **(517) 541-5800, opt. 1** or **through the MyAlive mobile app.**

February RELISH Events

- Feb. 6 Plant-Based Mediterranean
- Feb. 7 Cooking for Diabetes:
Hearty Fall Soups
- Feb. 8 Valentine French Macarons
- Feb. 9 Baking with Kids:
Valentine Cookie Bouquets
- Feb. 21 Cooking for Diabetes:
Friendly Desserts

Parents & Grandparents! Bring the kids!

Look at all of GROW's February fun!

Call (517) 541-5803 with questions.



Love, family, friendship!:

Learn songs for 'GROW's Got Talent'.



Make Valentine cards for loved ones and the elderly.



Participate in heart themed games and activities all month long.



Learn the concept of caring for others in a make-shift Dr's Office.



Experiment in shaving cream art and make friendship rocks.



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. 😊

Pamper yourself in FUSE, Get Heart!

To book your next spa appointment, call us at (517) 541-5886.

FUSE
Spa at ALIVE

FEBRUARY SPECIAL

Book a 90 minute facial or massage in the month of February or March and receive a full size 'Get Heart Tea' tin!

No additional discounts apply. Value \$13.00.



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

*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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ALIVE, Your Community Well-Being Place
Hayes Green Beach Memorial Hospital
[321 E. Harris Street](#)
Charlotte, MI 48813

