

MARCH ALIVE HAPPENINGS

Absorb the luck the world has to offer!



NEW Weekly Offering: FREE Injury Clinics at ALIVE

Clinics are offered on a first come, first served basis.

We are equipped to serve approximately 20 guests per week, to start.

Questions? [Click to read more](#) or call us at (517) 541-5800, opt. 1.

FREE INJURY CLINIC



Join us at Playmakers or ALIVE for a **FREE** consult with health professionals including:

Physical Therapists, Physician Assistants, Sports Medicine Doctors, Podiatrists, Athletic Trainers, and more.

Sore Feet • Heels • Knees • Back • Hips

LET US HELP!

Takes place weekly at two locations:

- Playmakers (Okemos, MI)
- ALIVE (Charlotte, MI)

<p>Every Tuesday 5:30-7 PM</p> <p>ALIVE New Community Working Place</p> <p>800 W. Lawrence Ave., Charlotte, MI myalive.com (517) 541-5800</p>	<p>Every Wednesday 6-8PM</p> <p>playmakers Okemos, MI</p> <p>2299 W. Grand River Ave. Okemos, MI www.playmakers.com 517 349 3803</p>
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Experience the fun at this NEW, family event!

Witness the adorable talents of GROW kids! Walk-in and be wowed.

Want to register your child to perform? Call (517) 541-5803.

GROW'S got TALENT

Sat., Mar. 16 6-8PM | Admission: \$2/person

A night of entertainment and fun watching all of ALIVE's finest young members show off their talents. Be prepared to be wowed, humored and delighted! *No charge at sign up to perform.*

ALIVE
New Community Working Place

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



Connect with others who understand!

We invite you to join this NEW monthly offering at ALIVE.

Call (517) 541-5800, opt. 1 with questions.

ALIVE
800 W. Lawrence Ave., Charlotte, MI 48813
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AUTISM SUPPORT GROUP

A support group offering the opportunity to connect monthly with individuals caring for children with Autism. Spend an evening with others who understand.

FREE TO ALL

Rekurs Third Thursday of Every Month | 6:30-7:30PM

This is a great month to taste the deliciousness!

Register for an upcoming RELISH class at ALIVE by calling (517) 541-5800, opt. 1 or through the MyAlive mobile app.

March RELISH Events

Mar. 7	<i>Jam</i> Survive & Thrive: Cooking for Breast Cancer Survivors
Mar. 13	Moroccan Cooking
Mar. 20	Plant-Based Indian <i>Re</i>
Mar. 21	Easy Instant Pot Cooking <i>Re</i>
Mar. 22	Clean Eating Lunch: Thai <i>Re</i>
Mar. 28	Cooking for Diabetes: <i>Faux Pasta</i>

Pamper yourself in FUSE & receive free tea!

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

FUSE
Spa at ALIVE

MARCH SPECIAL

Book a 90 minute facial or massage and receive a full size 'Get Heart Tea' tin!

No additional discounts apply. Value \$13.00.



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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.](http://800.W.Lawrence.Ave.) | [Charlotte, Mich.](http://Charlotte.Mich.) | (517) 541-5800

Unsubscribe

This message was sent to GTERPSTRA@CHARLOTTEMI.ORG from happenings@hgbhealth.com

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

