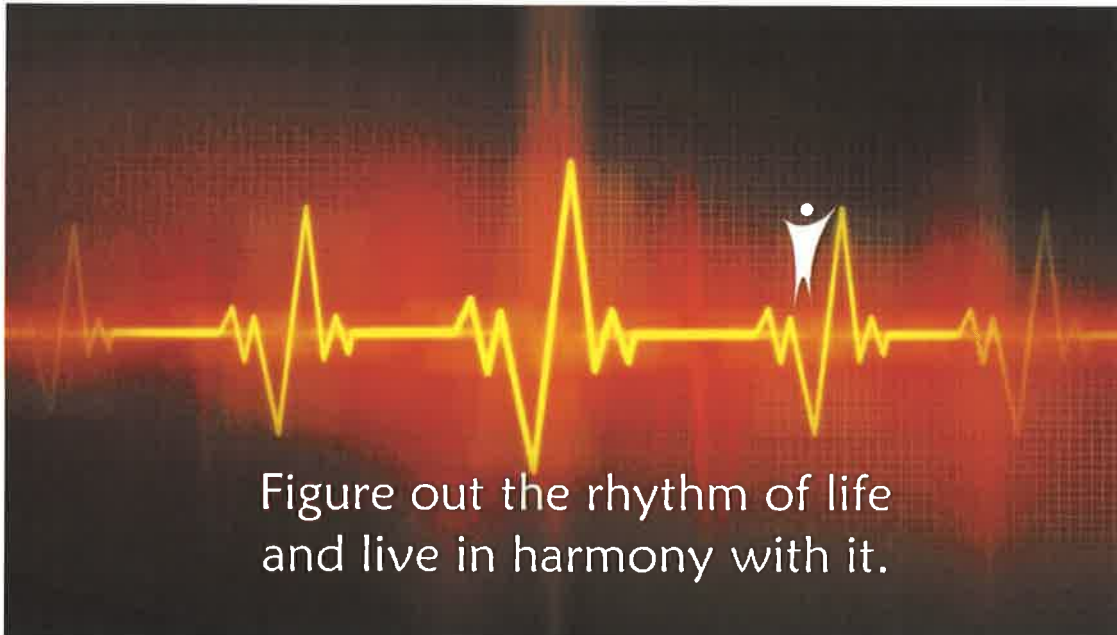




FEBRUARY at ALIVE

FIND YOUR RHYTHM, WITHIN OUR
WALLS



WHAT WILL YOU CREATE?

Join **MOVE** today and your \$100 enrollment fee is waived with a 12-month agreement!

We **CREATE EXPERIENCES**

- EMPOWER**, rehabilitation services
- EXPLORE**, indoor and outdoor walking path
- FUSE**, clinical spa
- GATHER**, conference center
- GROW**, children's enrichment area
- MOVE**, fitness center
- NOURISH by The Big Salad**, healthy-eating café
- RELISH**, demonstration teaching kitchen
- SOAR**, multi-purpose activity gym

ALIVE
Your Community Well-Being Place

A destination health park offering an integrated array of health and well-being experiences!

What will you CREATE? Call 517-541-5800 or visit myalive.com

Sip on some nutty java you'll LOVE this Feb!

~ Pre-order by calling (517) 541-5815 or stop by **NOURISH!** ~



TRY OUR **FEBRUARY SPECIAL**
For \$3.99!

Nuts About You Latte



It's Heart Health Month! Attend our **FREE** event!

Register now by calling (517) 541-5800, opt. 1

or through the **MyAlive mobile app.**



FREE Admission

Interactive Heart Health Event

Thursday, February 13 | 11 a.m. to 2 p.m.

Location: ALIVE, 800 West Lawrence Avenue, Charlotte, MI

Presenter: Joel Cohn, M.D.

- ♥ Heart Health Screenings, 11 a.m. to 2 p.m.
- ♥ Lunch, 11:30 a.m. to 1 p.m.
- ♥ Presentation, noon – 1 p.m.

Join this interactive, educational event covering how various elements such as exercise, nutrition, and a healthy mindset can positively impact cardiovascular health. *Lunch is provided for those who pre-register by Monday, February 10; please call 517.541.5800, opt. 1 to register.*



WHO WANTS TO PARTYYYY?!
Register now by calling (517) 541-5800, opt. 1
or through the MyAlive mobile app.

TURBO PARTY

Fri., Feb. 7th 6:30-7:45PM

Cost: \$10/class MOVE Member: \$5/class



ALIVE 800 W. Lawrence Ave., Charlotte, NC 28203
myalive.com | (517) 541-5800

2 WAYS TO GET CRAFTY THIS MONTH!

Register now by calling (517) 541-5800, opt. 1

or through the MyAlive mobile app.

String Art

Make & Take

Wed., Feb. 5th 6:30-8 PM

Cost: \$15

Come and craft some original string art! These simple yet charming pieces can be used to decorate your home or to give as gifts.

All materials provided. Ages 13 and up.



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myalive.com | (517) 541-5800



Art & Eat

Fri., Feb., 21st 6-8PM
Cost: \$25 per class

Create unique keepsakes in this fun, interactive, group-led doodle and painting session. All materials provided.

Complimentary food and beverage served for those who pre-register by the Monday prior.

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

PARENTS: Plan Your Date Night Around Us!

Register now by calling (517) 541-5800, opt. 1

or through the MyAlive mobile app.

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

Be My Valentine



PARENTS GREAT ESCAPE

Sat., Feb.22 | 5-9 PM Ages 3 - 12

Includes pizza dinner, valentine themed crafts, singing holiday themed songs, group games & more!

Cost:	\$18 first child	GROW Member:	\$16.50 first child
	\$12 per add'l child (same household)		\$11 per add'l child (same household)

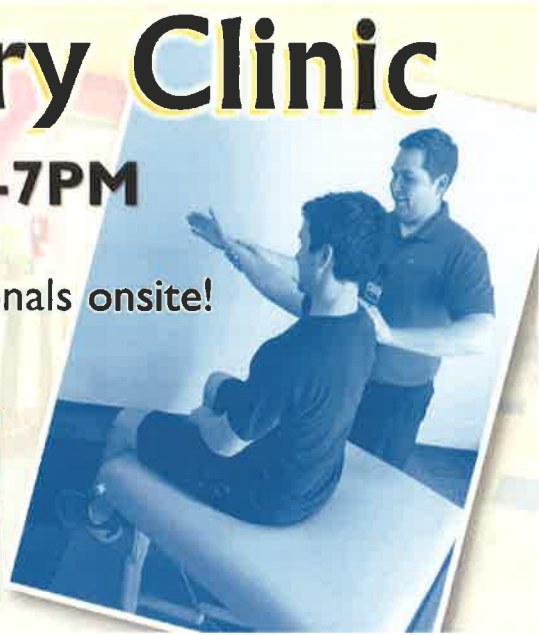
Feeling aches and pains, and don't think you should?

We're here every Tuesday evening!

FREE Injury Clinic

Every Tuesday, 5:30-7PM

Visit sports & health professionals onsite!
Walk-ins only.



Every Tuesday 5:30-7 PM		800 W. Lawrence Ave. Charlotte, MI myalive.com (517) 541-5800
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Every Wednesday 6-8PM		2299 W. Grand River Ave. Okemos, MI www.playmakers.com 517.349.3803
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*ALIVE is an experience-based, destination health park opened by our local hospital in November 2014. 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

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

ALIVE, Your Community Well-Being Place
SEH - ALIVE
321 E. Harris Street
Charlotte, MI 48813

