

Look what's NEW at ALIVE, this March!

1 message

ALIVE, Your Community Well-Being Place <happenings@hgbhealth.com>
Reply-To: happenings@hgbhealth.com
To: GTERPSTRA@charlottemi.org

Mon, Mar 2, 2020 at 6:31 PM



MARCH at ALIVE

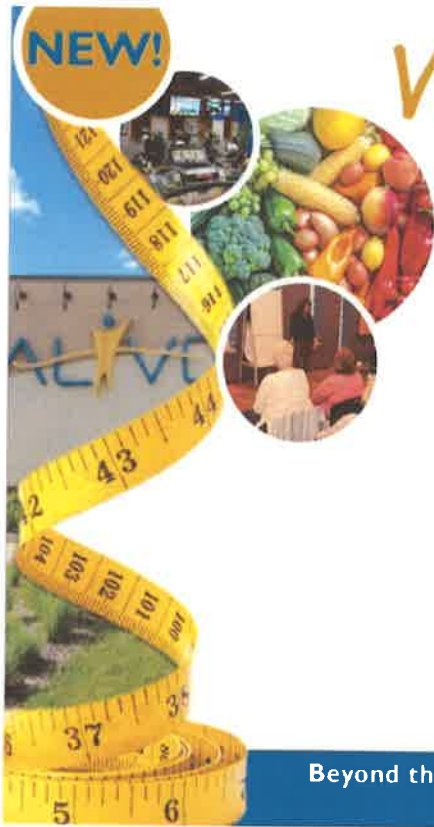
Your energy introduces you, always!

**"Be the energy you want
others to absorb."**

-A.D. Posey



**NEW Weight Management Program!
Attend one of our FREE info sessions!**



Weigh Beyond

a comprehensive & integrated approach to health and weight management

Join one of our upcoming
public information sessions
Tues., March 3, 5:30pm
Tues., March 10, 5:30pm
at ALIVE,
to learn more!

Beyond the basics. Beyond compare. Beyond expectations.
myalive.com/programs/weigh-beyond

Shamrock Chillers & Lattes are BACK!

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



NOURISH
BY THE BIG SALAD

TRY OUR MARCH SPECIAL!

**SHAMROCK
CHILLER & LATTE**

\$5.99

\$3.99

Monday-Thursday: 9a-7p

Friday: 9a-3p

Saturday: 10a-1p

TASTE THE FLAVOR OF RELISH!

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

or through the MyAlive mobile app.

CHEESE & Chocolate

A RELISH COOKING CLASS

Thurs., March 19th 6-7:15 PM

Cost: \$20



WHO WANTS TO PARTYYYY?!

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

TURBO PARTY

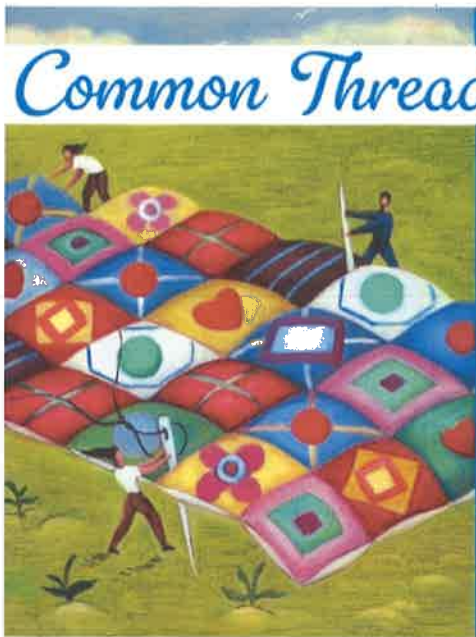
Fri., Mar. 20th 6:30-7:45PM

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



Know a survivor? Join us for an evening of celebration!

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



Common Threads: Thriving Beyond Breast Cancer

FREE Tues., Mar. 10, 6-7:30 PM at ALIVE

All breast cancer survivors and their family/friends are invited to an evening of pampering and great conversation!

Enjoy: massages, wine, hand paraffin treatments, light refreshments, and other inspirational activities!

Walk ins welcome; RSVP to 517.541.5800 by March 9 to be entered into a prize drawing!

This event is made possible through the collaboration of ALIVE, CanHope Support Group, Susan G. Komen and Sparrow Eaton Hospital's Breast Care Center.

Bring the kids for some crafting!

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

Summer String Art for Kids

Wed., Mar. 11th 6-7:30 PM
Cost: \$15



A kid-friendly spin on the popular adult program!

All materials provided. Ages 4-12. A parent must be present during the session unless approved by instructor.

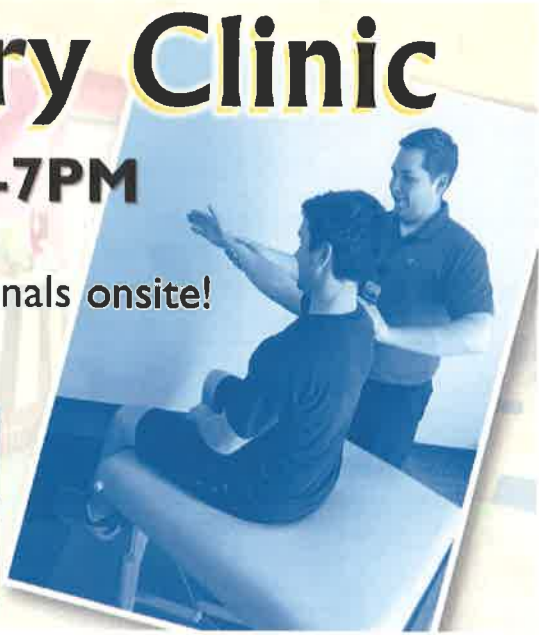
**Feeling aches and pains, and don't think you should?
We're here every Tuesday evening!**

FREE Injury Clinic

Every Tuesday, 5:30-7PM

Visit sports & health professionals onsite!

Walk-ins only.



Every Tuesday 5:30-7 PM	 <small>Your Community Well-Being Place</small>	800 W. Lawrence Ave. Charlotte, MI myalive.com (517) 541-5800
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Every Wednesday 6-8PM	 <small>PLAYMAKERS</small>	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 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

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

ALIVE, Your Community Well-Being Place
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 Charlotte, MI 48813

