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Happy 2017! Check out July Happenings at ALIVE

1 message

ALIVE, Your Community Well-Being Place <happenings@hgbhealth.com>

Mon, Jan 2, 2017 at 5:46 PM

Reply-To: happenings@hgbhealth.com

To: GTERPSTRA@charlottemi.org

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JANUARY ALIVE HAPPENINGS

Become (or refer) a MOVE member today!



\$100 Enrollment Fee waived with a 12-month agreement

- New expansion opened in December includes a state-of-the-art group workout space and updated locker rooms
- New programs like POUND, R.I.P.P.E.D. and Turbo Kick
- On-site healthy eating cafe: NOURISH by The Big Salad

Benefits of joining MOVE

- Certified trainers and degreed staff on-site to assist members at all times
- More than 100 FREE group exercise classes and recreational activities per week.
- Discounts on personal training, spa services and specialized classes
- Well-appointed locker rooms with dry saunas and towel service

Attend our open house from **5 p.m. to 7 p.m., Monday, Feb. 20**, or **10 a.m. to 12 p.m., Tuesday, Feb. 21**, to view the recent expansion and talk to staff about your goals and what you are looking for from our fitness center.



Check out our cooking demonstrations happening in January - YUM!

REGISTER BY CALLING (517) 541-5800 (opt. 1) or online at:

<https://myalive.mosomyclub.com/login.aspx>

January RELISH Events

Jan. 5	Sushi Roll & Go
Jan. 6	Date Night: Sushi Workshop
Jan. 14 - Feb 14	Cooking Matters for Adults
Jan. 18	Vegan: Taste of the Ocean
Jan. 19	A Taste of Mediterranean
Jan. 19	Burrito Wrap & Roll
Jan. 20	Chef's Table: Filet Mignon
Jan. 23	Bread Baking Workshop
Jan. 31	Cooking for Weight Loss

Join us for this FREE, valuable lecture!

Lunch included for those who pre-register by Friday, January 6; call (517) 541-5800,

opt. 1 to register.

Professional Speaker Series: Balance & Fall Risk

11:45 a.m. to 1 p.m. | Tuesday, January 10

Cost: FREE



Kim Dickinson, PTA



Karri Wills, PT

Falls among the elderly are prevalent, dangerous and can diminish their ability to lead an active, independent life. Join Kim Dickinson, PTA, and Karri Wills, PT, for an educational discussion on balance and fall prevention, including lunch and a free balance screening. *Lunch is included for those who register by Fri., Jan. 6. Pre-registration required; call (517) 541-5800, option 1.*



The Confidence & Skills to be a GREAT Babysitter!

BABYSITTER EDUCATION COURSE

Sat., Jan. 14th & 21st

9:00 AM – 5:00 PM

Cost: \$40
(includes lunch)

Ages 11-14

Register at 517.541.5803



Book with FUSE for some FREE bath salts!

January FUSE Special

RECEIVE A FREE PACHA BATH SALT
WITH ANY 90-MINUTE STRESS
RELIEVING TREATMENT BOOKED
THIS MONTH!

No additional discounts apply. Value \$6.99.



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.mylive.com or call 517.541.5800 for more information.

ALIVE | 800 W. Lawrence Ave. | Charlotte, Mich. | (517) 541-5800

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