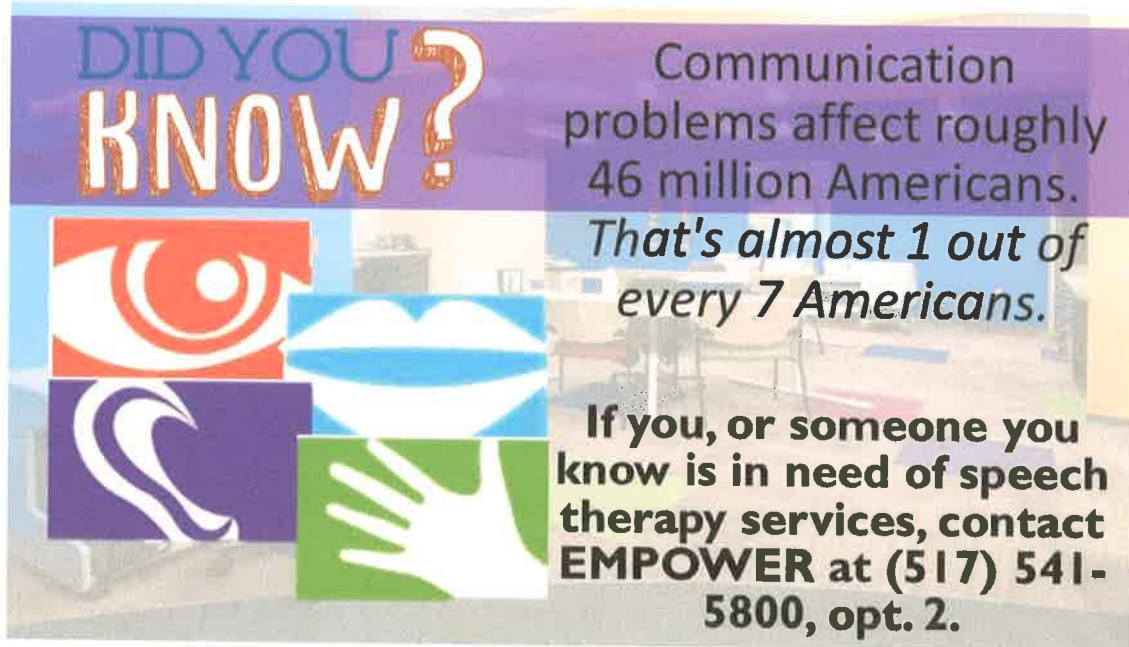


# MAY ALIVE HAPPENINGS

## It's Speech Month!



**DID YOU KNOW?**

Communication problems affect roughly 46 million Americans. *That's almost 1 out of every 7 Americans.*

**If you, or someone you know is in need of speech therapy services, contact EMPOWER at (517) 541-5800, opt. 2.**

## Join us for this **FREE**, interactive experience.

HGB and Sparrow Hospital host this educational, **FREE** event in honor of National Stroke Awareness Month. **Lunch included for those who pre-register by Friday, May 12;**

**register by calling (517) 541-5800, opt. 1.**



**STROKE: What you need to know**  
*in honor of National Stroke Awareness Month*

**Free interactive presentation on strokes and stroke prevention featuring Daneille Rhodes, R.N., Sparrow Stroke Coordinator**

*Sponsored by Hayes Green Beach Memorial Hospital and Sparrow Hospital*

**Wednesday, May 17**  
 11:30 a.m. to 1 p.m.

**ALIVE**

800 W. Lawrence Avenue, Charlotte

Lunch included for those who register by May 12.

Call **517.541.5800**, opt. 1, to register.

**YummmmmmmMAY!**

**REGISTER BY CALLING (517) 541-5800 (opt. 1).**

**May RELISH Events**

May 4	Sushi Roll & Go
May 5	Chef's Table: Jumbo Stuffed Shrimp
May 11	Cooking on a Shoestring Budget
May 12	Date Night: Sushi
May 16	Buddha Bowls
May 17	Healthy Cooking for Adults
May 18	Spiralizing 101
May 19	Chef's Table: Chicken Francaise

## Check out this unique, kids craft opportunity!

Bring your child and get crafty with Ms. Linda! Ages 5-12 (children 5-6 must be accompanied by an adult). **Call (517) 541-5800, opt. 1 to register.**

# FAIRY GARDEN LIGHT WORKSHOP

**Create a fairy garden night light from a recycled drink bottle & learn about recycling along the way!**

*Bring an empty, clean 20 oz. plastic bottle with its cap.*

Cost: \$15 per child

GROW Member: \$12 per child

**Sun., May 7<sup>th</sup> 1-3 p.m.**



**Give the gift of relaxation and pampering to YOUR mother, courtesy of ALIVE.**

# May FUSE Special

*TO: MOM*

**May means Mother's Day!**  
Treat Mom with a purchase of \$60+ during the month of May & receive a FREE Pacha Soap/Salt with any gift card.

*No additional discounts apply. Value \$5.99.*

**Come see us at NOURISH by The Big Salad!**

Look at all there is to do in a week . . . we hope to see you!



<p><b>MONDAY</b></p>  <p><b>MOTIVATIONAL MONDAY</b></p> <p>Share a post or hashtag to show your small victory and you'll receive</p> <p><b>10 LOYALTY POINTS</b> on your Big Salad app.</p> <p>  </p> <p><small>@myalivelife</small></p>	<p><b>TUESDAY</b></p>  <p><b>TRY THIS NOT THAT TUESDAY</b></p> <p>Every Tuesday we suggest a healthy substitute for that unhealthy burger, burrito, etc. Try our suggestions then that day and receive</p> <p><b>10% OFF THAT ITEM</b></p> <p>  </p> <p><small>@myalivelife</small></p>	<p><b>WEDNESDAY</b></p> <p><b>WTF?</b></p> <p><b>WHAT'S THE FEATURE?</b></p> <p>Every Wednesday we feature a custom menu item that is 100% affordable and packed with a top salad day to try our</p> <p><b>FEATURED ITEM OF THE WEEK!</b></p> <p> </p>	<p><b>THURSDAY</b></p>  <p><b>THURSDATE</b></p> <p>Every Thursday bring your own cookie to for a gift and just a healthy smile at you here enjoying your meal on social media.</p> <p><b>WTF? It's a cookie! or not to return</b></p> <p><b>FREE COOKIES!</b></p> <p>  </p> <p><small>@myalivelife</small></p>
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**STAY CONNECTED. GET REWARDS.**

**FOLLOW US ON SOCIAL MEDIA AND THE BIG SALAD APP FOR UPDATES ON OUR WEEKLY REWARDS PROGRAM**





*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](http://www.myalive.com) or call **517.541.5800** for more information.*

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

This message was sent to [GTERPSTRA@CHARLOTTEMI.ORG](mailto:GTERPSTRA@CHARLOTTEMI.ORG) from:

ALIVE, Your Community Well-Being Place | [happenings@hgbhealth.com](mailto:happenings@hgbhealth.com) | Hayes Green Beach Memorial Hospital | 321 E. Harris Street | Charlotte, MI 48813

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