

DECEMBER AL!VE HAPPENINGS

Give the gift of AL!VE this holiday season!



Earn BUCKS for every \$100 you spend in AL!VE Gift Card purchases!

Treat Yourself...



Buy \$100 worth of AL!VE gift cards and get \$10 in AL!VE bucks...for free!

Special valid 12/1/17 – 12/31/17

Santa is coming!



SANTA VISIT

Visit with Santa for FREE!
 Stay to help the elves in their bakery with a pair of make and take Christmas cookies for \$5/for 2 cookies.
Sat., Dec. 16th 10 AM – 12 PM

Enjoy savings all month long at NOURISH!



NOURISH
BY THE BIG SALAD

A December Special

**BABY BUILD YOUR OWN +
FOUNTAIN DRINK +
COOKIES =**

\$10



Join us for these free offerings:



Professional Speaker Series:

Caregiver Burnout

Learn about burnout that can occur when caring for a loved one and resources to help.

Cost: FREE

Thurs., Dec. 7th 5-6PM

Light refreshments included for those who pre-register by Mon., Dec. 4th.

Professional Speaker Series: **Mindfulness**

Take a moment to breathe amidst the busy holiday season. Learn the benefits of Mindfulness Based Stress Reduction here.

Wed., Dec. 13th 6 – 7 PM FREE



Light Refreshments included with Pre-Registration by Fri., Dec. 8th

*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. | Charlotte, Mich. | [\(517\) 541-5800](tel:5175415800)

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

ALIVE, Your Community Well-Being Place
Hayes Green Beach Memorial Hospital
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