



Ginger Terpstra <gterpstra@charlottemi.org>

ALIVE February Happenings!

1 message

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

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Reply-To: happenings@hgbhealth.com

To: GTERPSTRA@charlottemi.org



ALIVE FEBRUARY HAPPENINGS

FREE Interactive Heart Health Event Coming!

Located at ALIVE, 800 W. Lawrence Ave., Charlotte.

Tuesday, February 16 at ALIVE
11:30am-1:00pm

Physician Lunch & Learn: Cardiovascular Disease

Free presentation on cardiovascular disease,
especially in women, and cardiac rehabilitation
featuring James A. Schafer, M.D., FACC

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



Registration required. Lunch provided.
Call today to register at (517) 541-5800, opt. 1.

Sign up for Impression 5's LEGO Mania!

Saturday, Feb. 6**10 a.m. - 11:30 a.m. (ages 6-10 years old)**

Build and design with LEGOs, and explore the world of engineering by designing and testing.
Use LEGO bricks to unleash your imagination and meet building challenges.

Pre-registration required; call (517) 541-5803.

Cost: \$15 per child / GROW Member: \$12 per child

Dr. Seuss Birthday Party at ALIVE!



Saturday, Feb. 27
1 p.m. - 3 p.m.

Cost: \$5/family

Celebrate the Cat in the Hat's birthday!

- Play in the 36-foot tall tree house.
- Make and take Cat in the Hat theme crafts.
- Includes a birthday cake snack!

Pre-registration required; call (517) 541-5803.



RELISH offers tremendous variety and flavor with its February line-up!

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



Tues, Feb 2 Heart Healthy Cooking
6:30p-7:30p, \$20/person, 12 spots remaining

Thurs, Feb 4 Sushi Roll 'n Go
12p-1p, \$10/person, Reservations not required, but appreciated

Wed, Feb 10 A Night in New Orleans
6:30p-7:30p, \$25/person, 8 spots remaining

Thurs, Feb 11 French Macarons Workshop
6p-8p, \$30/person, 9 spots remaining

NEWLY ADDED!

Fri, Feb 12 Lovin' in the Oven: Cooking with Your Valentine!
Romaine hearts salad with sherry fig vinaigrette dressing, grilled salmon over creamed kale and homemade chocolates.
5:30p-7p, \$30/person, 16 spots remaining

Wed, Feb 17 Vegan: Jamaican Cuisine
6:30p-7:30p, \$25/person, 13 spots remaining

Thurs, Feb 18 Teen Sports Performance Nutrition
6:30p-7:30p, \$20/person, 15 spots remaining

Tues, Feb 23 Bread Baking Workshop
6p-8p, \$30/person, 15 spots remaining

Thurs, Feb 25 Stuffed on Salmon
6:30p-7:30p, \$25/person, 15 spots remaining

FUSE adds new services - Clinical Hypnotherapy and more!

In addition to massage, waxing and facial services, FUSE is proud to now be performing Holistic Health & Wellness services. Reiki, raindrop therapy and access bar treatments will be available Tuesday, February 2 and Wednesday, February 17.

Clinical hypnotherapy group sessions for weight loss and smoking cessation are available (maximum 15 people per session) Friday, February 26 for \$50/person. Individual sessions are also available on that date for any needs you may have for \$80/person. Registrants of group or individual smoking cessation hypnotherapy may attend one follow-up session for free if desired results are not achieved.



To schedule your next spa service call **517-541-5886** or click [here](#) for more information on FUSE, the medical spa at ALIVE.

Everyone wins! Our prize-filled L!NK Campaign continues!

Update Your L!NK Account and WIN!
Complete the update form and submit it for
a chance to win **\$100** in ALIVE Bucks or
one of our other great prizes!



Visit CREATE, MOVE, FUSE or EMPOWER for more details

*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**