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## Spring into fun with ALIVE, this March!

1 message

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

Mon, Mar 6, 2017 at 4:20 PM

Reply-To: happenings@hgbhealth.com

To: GTERPSTRA@charlottemi.org

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# MARCH ALIVE HAPPENINGS

Check out ALIVE's various yoga offerings, [here!](#)



**YOGA - Benefits Beyond the Mat**

- Increased flexibility
- Increased muscle strength & tone
- Improve respiration, energy & vitality
- Maintaining a balanced metabolism
- Weight reduction
- Protection from injury

*"Yoga is the perfect opportunity to be curious about who you are."*

*Interested in diving deeper into yoga?*  
Call us at: 517-543-9575 to find out class times, pricing & more!

Take a look at our delicious line-up for March!

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

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

# March RELISH Events

Mar. 2	Sushi Roll & Go
Mar. 16	Healthy Crockpot Meals
Mar. 17	Chef's Table: Shrimp D'Angelo
Mar. 21	Faux Pasta Three Ways
Mar. 22	Vegan: Korean
Mar. 24	Date Night: Sushi
Mar. 25	American Girl Brunch Party

**MOVE Members - experience what the MAC has to offer at a discounted rate!**



**ATTENTION GUESTS:**  
As part of the recent collaboration between HGB & Sparrow, MOVE members are now able to purchase Guest Passes to the Michigan Athletic Club (MAC) at the discounted rate of \$15/day.

Check out <http://www.sparrow.org/mac> for full listing of MAC programs and services.

**Attention parents! Your Saturday evening night out just got easier!**

Cost is \$15/first child, \$10/additional child (same household) or for GROW members

**\$13.50/first child, \$9/additional (same household). Register now!**

# PARENTS GREAT ESCAPE



**Mar. 18<sup>th</sup> 6 – 10 PM**

**Ages 3 – 10**

**Includes pizza dinner, scavenger hunt & more!**

**Call (517) 541-5800, opt. 1 to register**

**Join this FREE parenting discussion to collect some tools for communicating with your teen!**

## Professional Speaker Series: **COMMUNICATING WITH TEENS**

**A presentation discussing the difference between punishment & a consequence.**

**Collect tools for communicating with your teen!**

**Thurs., Mar. 23<sup>rd</sup> 5:30 – 6:30 PM FREE**



**Give your skin the "refresh" it needs for spring and receive a complimentary upgrade or wax!**

# March FUSE Special

Receive a free facial area wax or facial upgrade with purchase of a facial during the month of March!

**No additional discounts apply. Value \$10.00.**



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

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

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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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