## **NOVEMBER AL!VE HAPPENINGS**

## Playmakers' is coming to Charlotte!

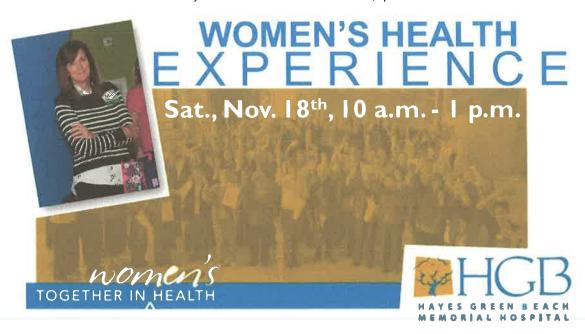
Enjoy special event sale pricing, a "buy 3 get your 4th pair free" on all socks and peruse a fabulous array of apparel! Join us on one of two dates!



## Attention ladies! Save the Date!

Focus on your own wants and needs prior to the hustle of the holidays. This FREE event features retail vendors, complimentary chair massages, complimentary wine tasting, prizes, cooking demonstrations, fitness demonstration, free lunch and more!

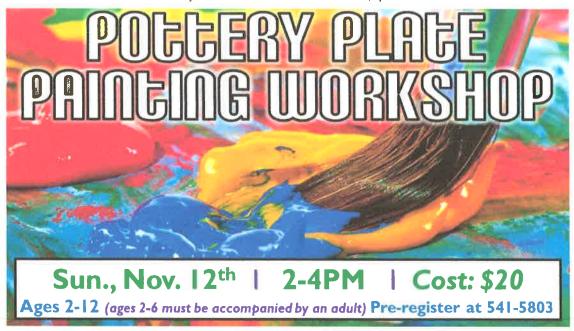
Not to mention, Playmakers' Satellite Store! We hope to see you here! Call (517) 541-5800, opt.1 to register!



Know a veteran? Let them know we want to show our appreciation for them in MOVE!



Parents! Looking for a handmade holiday gift idea that your child can make?



See what's cookin' this November! REGISTER BY CALLING (517) 541-5800 (opt. 1).

Nov. 15

## Nov. 1 Vegan Taste of the Ocean Nov. 4 Healthy Holiday Baking Nov. 7 Heart Healthy Cooking: Meals from the Heart Nov. 13 Cooking for Diabetes: Diabetes Friendly desserts

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.

**Cooking for Weight Loss** 

AL!VE | 800 W. Lawrence Ave. | Charlotte, Mich. | (517) 541-5800

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

AL!VE, Your Community Well-Being Place Hayes Green Beach Memorial Hosital 321 E. Harris Street