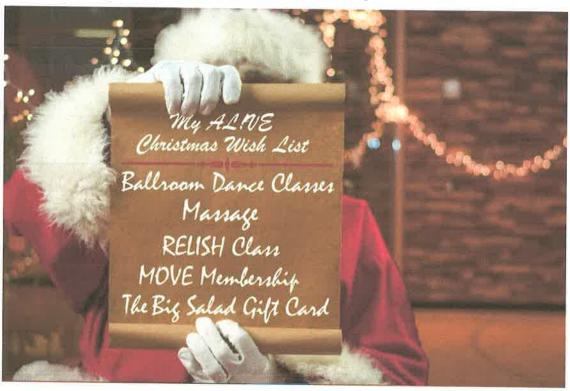
DECEMBER AL!VE HAPPENINGS

Give the gift of AL!VE this holiday season!



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



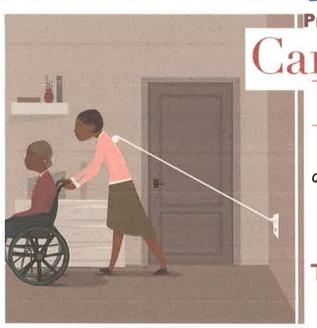
Santa is coming!



Enjoy savings all month long at NOURISH!



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

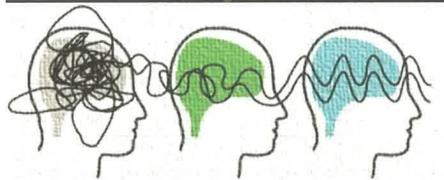
Light refreshments included for those who pre-register by Mon., Dec. 4th.

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 PreRegistration 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.

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 Hospital 321 E. Harris Street Charlotte, MI 48813



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