

Have you SEEN what's happening in February?

1 message

ALIVE, Your Community Well-Being Place <happenings@hgbhealth.com>
Reply-To: happenings@hgbhealth.com
To: GTERPSTRA@charlottemi.org

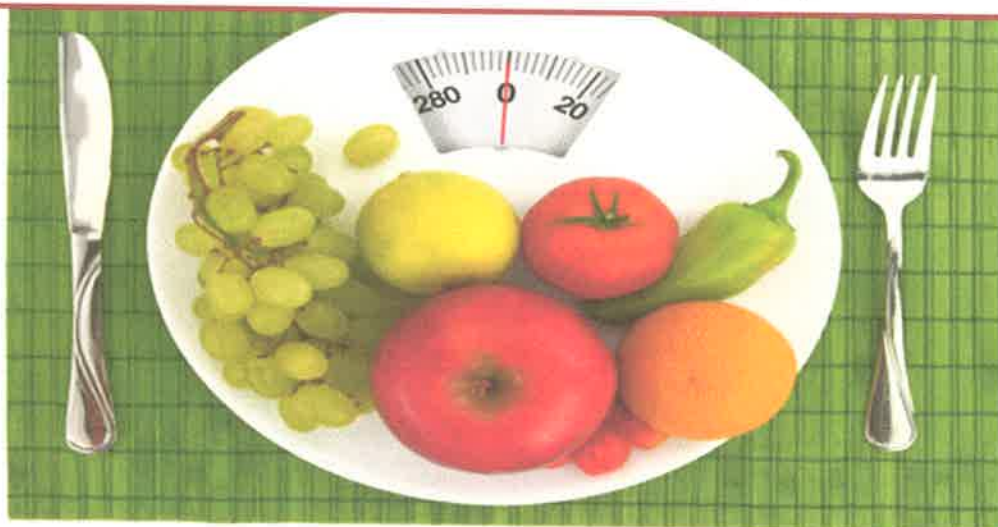
Thu, Feb 1, 2018 at 4:11 PM

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FEBRUARY ALIVE HAPPENINGS

Keep your new year rolling with healthy habits!

What is MNT at ALIVE?





**Medical Nutrition Therapy (MNT)
is nutritional counseling!**

**Did you know that *most* insurances
including Medicare and Medicaid pay
for 2-3 hours with a dietitian for
counseling *every calendar year?***

Get a referral here or from your doctor, to schedule yours!

Join us for this FREE lunch presentation!

Lunch provided for those who pre-register by February 9; call
(517) 541-5800, opt. 1 to register today! [Learn more here.](#)

Interactive Heart Health Event

11:30 a.m. to 1 p.m., Thursday, Feb. 15

Free panel presentation on the lifestyle factors
that affect cardiovascular health, as well as
preventive measures to reduce the risk of heart
disease, featuring James A. Schafer, M.D., FACC

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



ALIVE

800 W. Lawrence Avenue, Charlotte

Complimentary lunch is provided when pre-registered
by Friday, Feb. 9. Call **517.541.5800**, opt. 1

Crafting fun for the kids!

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

Kid's Valentine Crafts

with *Katie Emery*



**Create a
"love bug"
&
handmade
card for
someone
special!**

**Thurs., Feb. 8th
6 - 7 PM Cost: \$15**

Ages 3-12 (ages 3-6 must be accompanied by an adult).

Treat your sweetheart!

Gift something **YOU** can enjoy too this Valentine's.

Call (517) 541-5886 to book your appointment today.

February **FUSE** *Special*

60 minute couples massage for \$100!
Must be booked and performed in February.
No additional discounts apply. Value \$20.00.




Ladies, join us for our monthly tea to make & take!

Gift something **YOU** can enjoy too this Valentine's.

Women's Tea:
Jem **Valentine DIY**
Featuring: Mary Jo Cove

Wed., Feb. 14th
2-3pm



FREE!
Donations encouraged.



You can create handmade cards like this one for \$4!

Get certified in a group exercise style you love!
 See page 29 of the **winter program guide** for more detail.

Get Group Ex Certified at
ALIVE



PIYO



TABATA BOOTCAMP



COUNTRY HEAT

*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

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