

JANUARY ALIVE HAPPENINGS

Join the MOVEment and see what all the fuss is about!

Questions? Call us at (517) 543-9575 or visit myalive.com!



JOIN NOW
AND WE'LL
WAIVE THE \$100
ENROLLMENT FEE!
(Valid through Feb. 28, 2019)

*Join the
Movement*

Become a MOVE member
now and we'll waive the
\$100 enrollment fee!

Visit myalive.com
for more information
or call (517) 543-9575.

M • V E
ALIVE

800 W. Lawrence Ave., Charlotte, MI 48813

Join us for this FREE-to-the-community presentation on Sleep Disorders

Professional Speaker Series:

Sleep Disorders

Learn the risks, latest statistics, warning signs and preventative measures for common sleep disorders such as sleep apnea.

Tuesday, January 29, 12-1:30 PM, FREE **Presenter: Dr. Chandra Gera**



800 W. Lawrence Ave., Charlotte, MI 48813
myalive.com | (517) 541-5800

Lunch included for those who preregister by Friday, Jan 25; call (517) 541-5800, option 1!

Take advantage of this fantastic discount on our skincare line!

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

January **FUSE** *Special*

Celebrate 2019 with 19% off all Glymed retail products!

No additional discounts apply.

ALIVE 800 W. Lawrence Ave., Charlotte, MI 48813
myalive.com | (517) 541-5800

PARENTS & GRANDPARENTS:

Check out our children's events, this January!

Make note of this month's upcoming fun in GROW, our children's enrichment area. Questions? Call (517) 541-5803.

Fancy Nancy Party

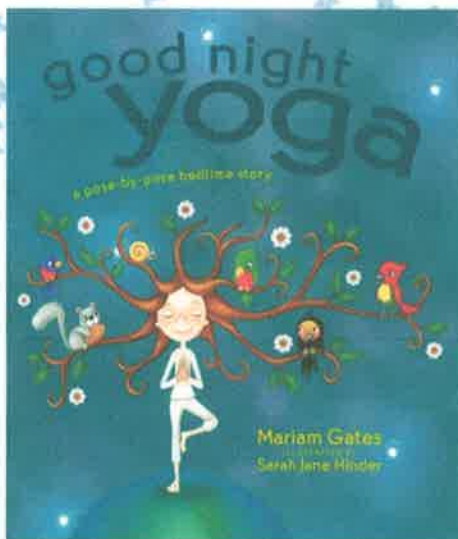
Sat., Jan. 5 | 1-2:30PM

SURPRISE GIFT INCLUDED!

Be fancy with friends at this *magnifique* event! Savor finger sandwiches with pink lemonade, make hair bows and participate in a fashion show! **Ages 4 and up.**

ALIVE
for Community, Well-Being & Fun
800 W. Lawrence Ave., Charlotte, MI 48813
myalive.com | (517) 541-5800

Cost: \$15



PAJAMAS, BEDTIME & YOGA

Learn simple yoga poses with your child while in your pajamas! Leave with a copy of "Goodnight Yoga" by Miriam Gates.

Wed., Jan. 23 6:30-7:30PM
Cost: \$20/parent-child combo

Look at the deliciousness ahead in RELISH!
Call (517) 541-5800, opt. 1 to book your cooking demo!

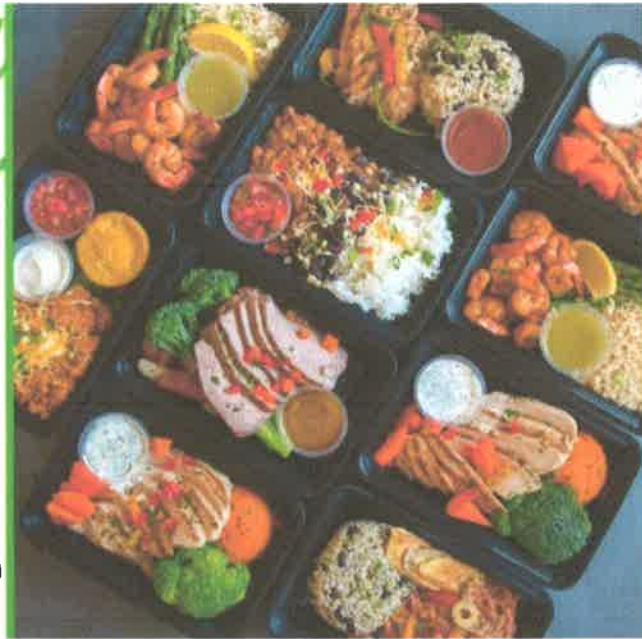
Organized Eats

Learn how to **plan, shop** and **meal-prep** your week in this hands-on workshop!



Sat., Jan. 12 10:30 AM – 12 PM
Cost: \$30

ALIVE 800 W. Lawrence Ave., Charlotte, MI 48813
myalive.com | (517) 541-5800



Plant-Based Seafood

Wed., January 16, 6:30-7:30PM

Cost: \$25

A RELISH Cooking Class

Chef's Menu:

- Plant-based clam chowder
- Garlic cheese biscuits
- Rainbow salad with ranch dressing
- Surprise dessert

ALIVE 800 W. Lawrence Ave., Charlotte, MI 48813
myalive.com | (517) 541-5800

Jem
DATE NIGHT: Sushi

LADIES NIGHT Edition

Fri., Jan. 18 | 6-7:30PM | Cost: \$20
Childcare available (regular drop-in rates apply).

ALIVE 800 W. Lawrence Ave., Charlotte, MI 48813
myalive.com | (517) 541-5800