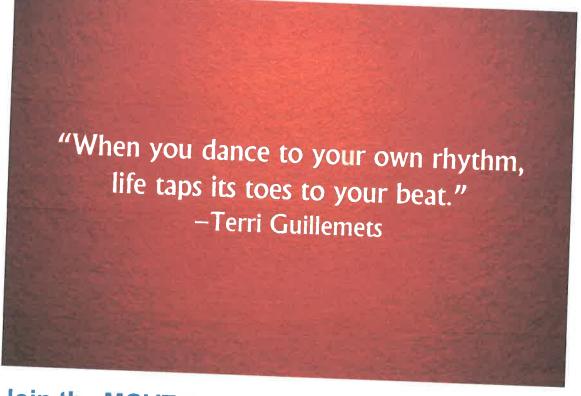
## FEBRUARY AL!VE **HAPPENINGS**

# It's American Heart Month! Thank your ticker!



### Join the MOVEment!

Help your heart get stronger by taking advantage of the current MOVE special waiving the \$100 enrollment fee for all new members who join in February!



#### Join us for this FREE lunch presentation!

Lunch provided for those who pre-register by February 11; 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. 14

Free educational event on nutrition and lifestyle strategies, as well as medical interventions that can affect heart health featuring Joel Cohn, M.D., from Sparrow TCI and Deanne Marsell, M.A., R.D., L.D., from Pritikin Longevity Center.

Sponsored by Hayes Green Beach Memorial Hospital and Sparrow TCI



#### Have you experienced RELISH at ALIVE?

This is a great month to taste the deliciousness!

Register by calling (517) 541-5800, opt. 1 or through the MyAlive mobile app.

February RELISH Events		
	Feb. 6	Plant-Based Mediterranean
1	Feb. 7	Cooking for Diabetes:
		Hearty Fall Soups
	Feb. 8	Valentine French Macarons
	Feb. 9	Baking with Kids:
		Valentine Cookie Bouquets
	Feb. 21	Cooking for Diabetes:
		Friendly Desserts

#### **Parents & Grandparents! Bring the kids!**

Look at all of GROW's February fun!

Call (517) 541-5803 with questions.



#### Pamper yourself in FUSE, Get Heart!

To book your next spa appointment, call us at (517) 541-5886.



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 mempership 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

#### Unsubscribe

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