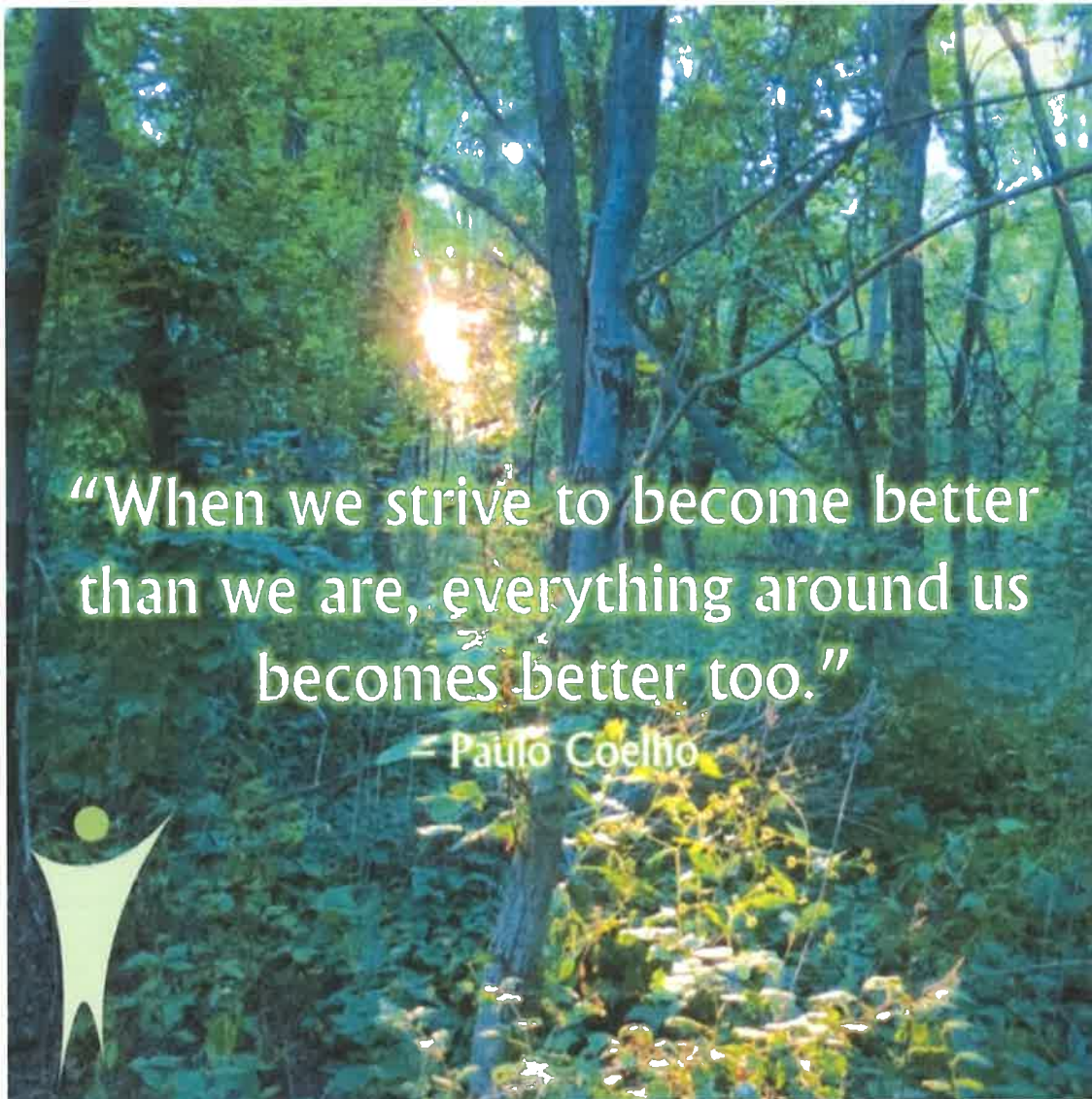




MAY ALIVE HAPPENINGS

ALIVE strives to enhance **YOUR** experience at every turn!



Join us for this **FABULOUS** Mother's Day Experience!

Just \$30/mother-child combo, crafts, themed snacks and interactive components including photo backdrops.

Sign up now through the ALIVE app or by calling (517) 541-5803.



MARY POPPINS
Mother-Daughter Tea

Sat., May 4 2-4PM

Cost: \$30/mother-child pair
(\$10 per add'l child or adult)
Children ages 5 and up.

Enjoy Mary Poppins herself give an empowering "today or never" inspired message!

- Props & photo-op!
- Make & take kite craft!
- Enjoy tea & themed finger foods!

Leave with a special memento!

ALIVE
809 W. Lawrence Ave., Charlotte, NC 28213
myalive.com | (517) 541-5800

Join this **FREE** event, including lunch!

To register, call (517) 541-5800, opt. 1 or through the MyAlive mobile app.



STROKE: What you need to know
in honor of National Stroke Awareness Month



Free interactive presentation on treatment and prevention featuring Alex J. Linn, M.D., with MSU Clinical Center and Sparrow Health System.

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



Thursday, May 16

11:30 a.m. to 1 p.m.

ALIVE

800 W. Lawrence Avenue, Charlotte.

Lunch included for those who register by May 10.

Call **517.541.5800**, opt. 1, to register.

Book 90 minutes in FUSE & get a FREE thermos!

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

FUSE
Spa at **ALIVE**



MAY SPECIAL



Purchase a 90 minute facial or massage and get a **FREE** travel coffee mug!

\$12.99 Value. No additional discounts apply.

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

Try a class in RELISH, the cooking class at ALIVE.

Register for an upcoming RELISH class at ALIVE by calling (517) 541-5800, opt. 1 or through the MyAlive mobile app.

May RELISH Events	
May 3	Cheese & Chocolate
May 9	Cooking for Diabetes: <i>Friendly Desserts</i>
May 14	Heart Healthy Cooking: <i>Meals from the Heart</i>
May 15	Plant-Based Cookout <i>Rx</i>
May 18	Cooking & Comedy
May 22	Moroccan Cooking
May 23	Easy Instant Pot Cooking <i>Rx</i>
May 31	Clean-Eating Lunch: Mexican <i>Rx</i>

FREE Injury Clinics continue weekly at ALIVE

Clinics are offered on a first come, first served basis.

We are equipped to serve approximately 20 guests per week, to start.

Questions? Click to read more or call us at (517) 541-5800, opt. 1.

FREE INJURY CLINIC

COMMON RUNNING/WALKING INJURIES

Injury Type	Percentage
Muscle Pull	32%
Knee Injury	30%
Plantar Fasciitis	26%
Shin Splints	16%
Achilles Tendonitis	17%
Iliotibial Band Injury	20%
Stress Fracture	9%

Join us at Playmakers or ALIVE for a FREE consult with health professionals including:

Physical Therapists, Physician Assistants, Sports Medicine Doctors, Podiatrists, Athletic Trainers, and more.

Sore Feet • Heels • Knees • Back • Hips

LET US HELP!

Takes place weekly at two locations:

- Playmakers (Okemos, MI)
- ALIVE (Charlotte, MI)

Every Tuesday
5:30-7 PM

ALIVE
Our Community Well-Being Place

900 W. Lawrence Ave.
Charlotte, MI
myalive.com
(517) 541-5800

Every Wednesday
6-8PM

playmakers
PLAYMAKERS, LLC

2299 W. Grand River Ave.
Okemos, MI
www.playmakers.com
517 349 3803

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.](http://www.myalive.com), in Charlotte, Mich. Visit www.myalive.com or call 517 541 5800 for more information.