

# JULY AL!VE HAPPENINGS

**\* Get ENERGIZED at AL!VE \***



**Take advantage of this FABULOUS July L!NK special!**



BUY ONE GET ONE **FREE**



**Buy one regularly priced  
15 admission and receive  
one 15 admission FREE  
when you show your  
ALIVE LINK card!**


*Offer available only when LINK card is present (pictured above).  
Offer good July 1 through July 31, 2019.*


**Another must-attend, FREE offering! Register now!**


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

**FREE-TO-THE-COMMUNITY!**  
**Professional Speaker Series:**  
**Balance & Vestibular**

**Tues., July 16 | 11:30AM – 1PM**  
Learn about the balance and vestibular system and how it can effect your every-day life, both positively and negatively in this educational seminar which includes complimentary lunch.

  
**Karri Wills**  
**MSPT**

  
**Kelli Heyink**  
**PT, DPT**

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

Lunch provided for those who register by  
Friday, July 12; call (517) 541-5800, option 1.

**Protect your skin, get rewarded this month in FUSE!**

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



**FUSE**  
**Spa at ALIVE**

# JULY SPECIAL

Receive 10% off from a Glymed Sunscreen purchase!  
*No additional discounts apply.*



**ALIVE**  
for Community and Aging Power

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

**Be delighted & taste the flavor of summer!**  
**Try one one of ALIVE's upcoming cooking classes!**

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



## Summer RELISH Events

July 11	Heart Healthy Cooking
July 17	Plant-Based Cookout
July 18	Easy Instant Pot Cooking
July 22	Taste of the World Youth Culinary School Begins
Aug. 5	Taste of the World Youth Culinary School Begins
Aug. 7	Moroccan Cooking
Aug. 8	Culinary Medicine: Digestive Health
Aug. 29	Clean Eating Lunch: Garden to Grill

## Attention Parents!

**Note these upcoming summer opportunities for youth!**

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



## TASTE OF THE WORLD Youth CULINARY School

ALIVE  
the Community that brings you

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

Calling all aspiring  
chefs ages 9+

- Make meals featuring cuisine from Greece, Mexico, Italy, and America!
- Hand-pick fresh ingredients from HARVEST (our community garden)!
- Become a "Junior Sous Chef" & assist our dietitians at a future cooking class of choice!

Cost: \$100 per session

Mon. - Thurs., July 22-25 11AM-1PM

Mon. - Thurs., Aug. 5-8 11AM-1PM

Space is limited, call 517-541-5800, opt. 1 to register!



**Who:** Ages 2.5 - 7 years old

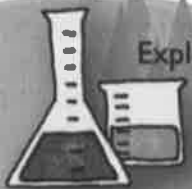
**What:** 4-day, 2-hour interactive mini camps

**Where:** ALIVE, 800 W. Lawrence Ave., Charlotte, MI

**Cost (Per Camp):** \$65 (\$55 per additional child, same household)

**Come Explore With Me Mon.-Thurs., July 8-11, 1-3PM**

Get ready to put on lab coat and goggles, and mix up something fun!  
Explore and more, putting curiosity, intuition and brain power to the test.



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

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](http://www.myalive.com) or call 517.541.5800 for more information.

ALIVE | 800 W. Lawrence Ave. | Charlotte, Mich. | (517) 541-5800

Unsubscribe