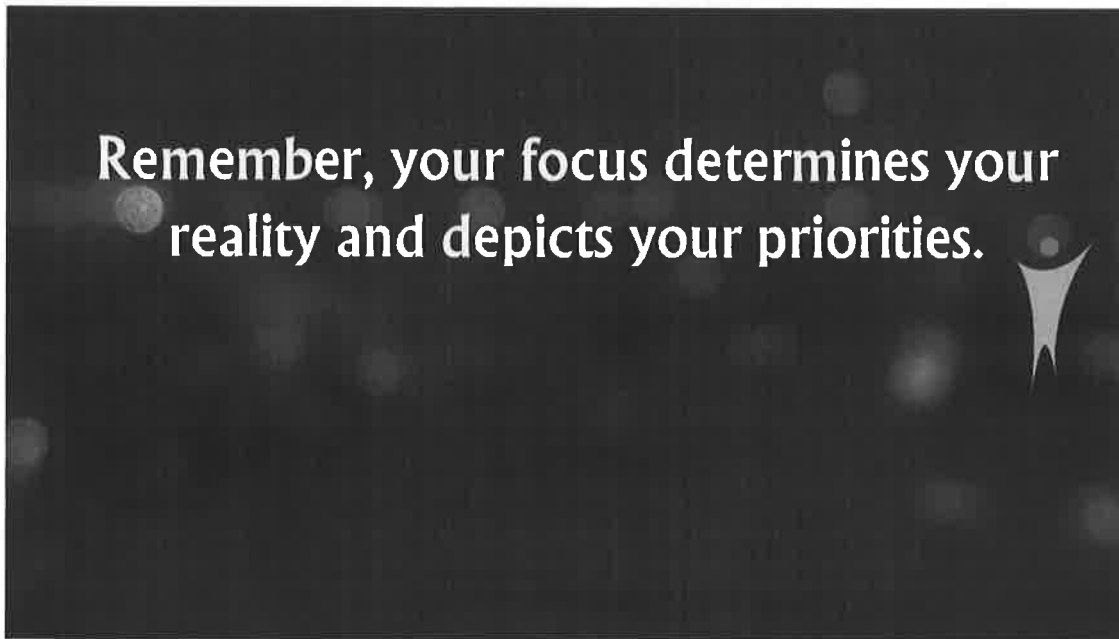




AUGUST ALIVE HAPPENINGS

WHERE FOCUS GOES, ENERGY FLOWS



PRICE BREAK ENDS AUGUST 24! REGISTER NOW!

live life. Nspired.

5K Family Walk/Run | Sat., Sept. 7, 2019
 Register NOW at livelifeinspired.org.
 (Early bird registration ends August 24)

Teachers & Students, take note this August!

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

FUSE
Spa at ALIVE

AUGUST SPECIAL

Back to school themed!
 Students and teachers receive \$10 off a facial or massage for the month of august.
No additional discounts apply. Cannot be combined.

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

PARENTS: DATE NIGHT OPPORTUNITY!

Bring the kids & take the evening to relax awhile.

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

ALIVE
we community with energy, fun
800 W. Lawrence Ave., Charlotte, NC 28203
myalive.com | (517) 541-5800

Back to School Carnival

PARENTS GREAT ESCAPE

Sat., Aug. 17 5-9 PM Ages 3 - 12

Includes pizza dinner, themed crafts, group songs, games & more!

Cost: \$18 first child
\$12 per add'l child (same household) **GROW Member:** \$16.50 first child
\$11 per add'l child (same household)

Don't miss two of our hottest events!

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



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Hip Hop Step

Mix fitness and hip hop with a step to work quads, glutes and core in this funky spin on a traditional favorite!

Sunday, August 11

2-3:30PM

Cost: \$12/class
MOVE Member: \$10/class

Summer Beach Market *Series*

Sunday, August 25:
6-6:45PM PiYo
7-7:45PM Yoga

Cost: \$10 per class
\$15 for both classes

Bring a yoga mat for all classes! (limited # of mats provided)
Each class includes a complimentary beverage from Charlotte Brewing Company!
 Register at ALIVE or walk-in (cash only for walk-ins). Ages 21 and up. All proceeds support Friends of Beach Market.

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

**LADIES: Grab a gal pal & come doodle with us at
 WindWalker!**

Includes food, beverages & all supplies for a unique craft.

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

Jem Art with a Twist

Doodle on Vinyl

Tuesday, August 6 6-8PM
Cost: \$25 per class

Ladies! Grab a gal pal and make unique creations in fun, interactive, group-led sessions. All materials provided. Takes place at Windwalker Underground Gallery.

Complimentary food and beverage served for those who pre-register by the Monday prior.

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 myalive.com | (517) 541-5800

**Taste the flavor of summer in our cooking demo
 kitchen at ALIVE.**

**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


Feeling aches & pains, but not sure the next step?
We're here every Tuesday evening!

FREE Injury Clinic

Every Tuesday, 5:30-7PM

Visit sports & health professionals onsite!
Walk-ins only.


Every Tuesday
5:30-7 PM



Your Community Well-Being Place

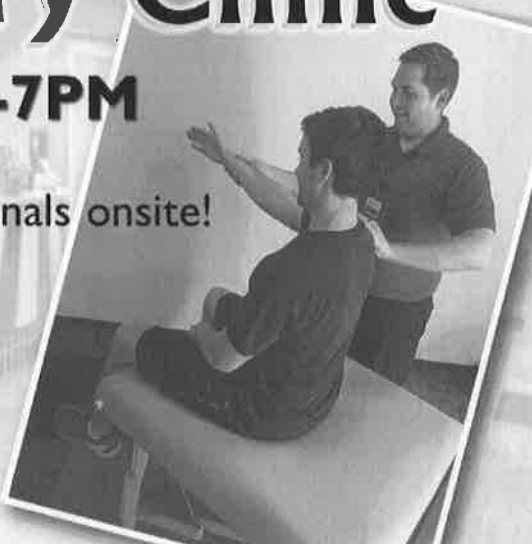
800 W. Lawrence Ave.
Charlotte, MI
myalive.com
(517) 541-5800

Every Wednesday
6-8PM



PLAY. REPAIR. REVE.

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., 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

Unsubscribe

This message was sent to GTERPSTRA@CHARLOTTEMI.ORG from happenings@hgbhealth.com