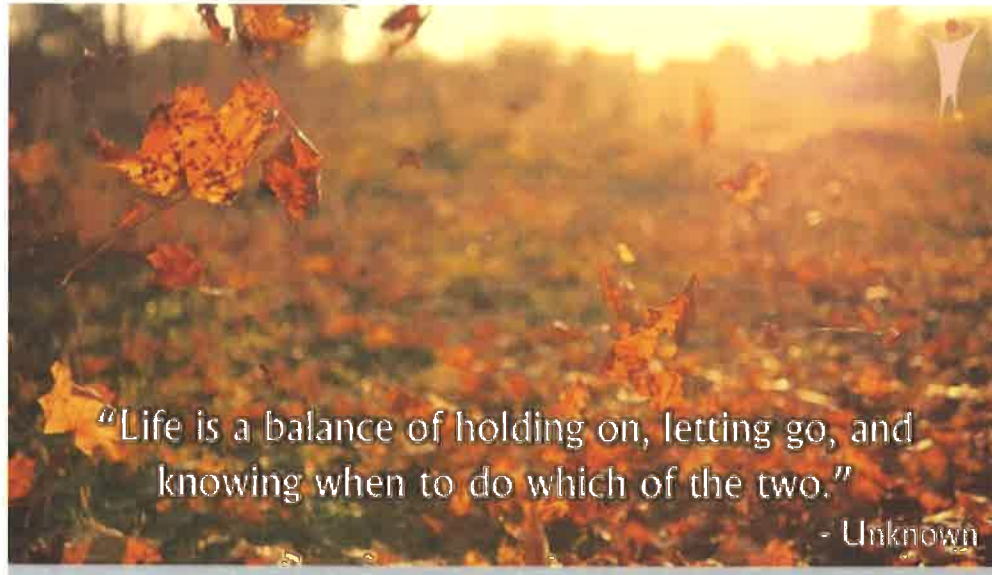


OCTOBER ALIVE HAPPENINGS

FIND BALANCE AT ALIVE THIS FALL!



HALLOWEEN FUN! SIGN UP THE KIDS!

The must-attend, costume party of the year in GROW!

Spooktacular

COSTUMES ENCOURAGED!

PARENTS GREAT ESCAPE

Sat., Oct. 19 | 5-9 PM **Ages 3 - 12**

Includes pizza dinner, Halloween-themed arts & crafts, group 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)*

Calling all ladies looking for lashes!

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

FUSE
Spa at **ALIVE**

FALL SPECIAL

Schedule and pay for your lash fill during September and October and receive 10% off. Fills must be booked within 4 weeks of a full set application.

No additional discounts/promotions apply.

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

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

Join us for this FREE educational session!

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

FREE-TO-THE-COMMUNITY!

Professional Speaker Series: Domestic Violence

Tues., Oct. 15 | 6 – 7:30PM | Cost: FREE

Join a panel of local experts and survivors who discuss:

- Types of domestic violence
- Warning signs
- Common abuser tactics
- How to get to safety
- Resources available

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



Guest speaker joining popular support group!

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



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myalive.com | (517) 541-5800

AUTISM SUPPORT GROUP

A support group offering the opportunity to connect monthly with individuals caring for children with Autism. Spend an evening with others who understand.

FREE TO ALL

**Thursday, Oct. 17th | Includes Guest Speaker:
Scott de Varona MBA – Director of MiABLE Disability Savings
Rekurs Third Thursday of Every Month | 6:30-7:30PM**

Come visit RELISH!

Our cooking demos are bursting with flavor this fall!

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



Fall RELISH Events

Oct. 2	Traditional Russian Cooking
Oct. 3	Culinary Medicine: <i>Calcium-Rich Cooking R+</i>
Oct. 3	Heart Healthy Cooking <i>R+</i>
Oct. 14	Easy Instant Pot Cooking <i>R+</i>
Oct. 23	Moroccan Cooking
Oct. 24	Clean Eating Lunch: <i>African R+</i>
Oct. 24	<i>Jem</i> Survive & Thrive: <i>Cooking for Breast Cancer Survivors</i>
Nov. 6	Traditional Russian Cooking
Nov. 7	Culinary Medicine: <i>Cooking for Blood Sugar Control R+</i>
Nov. 14	Healthy Holiday Baking

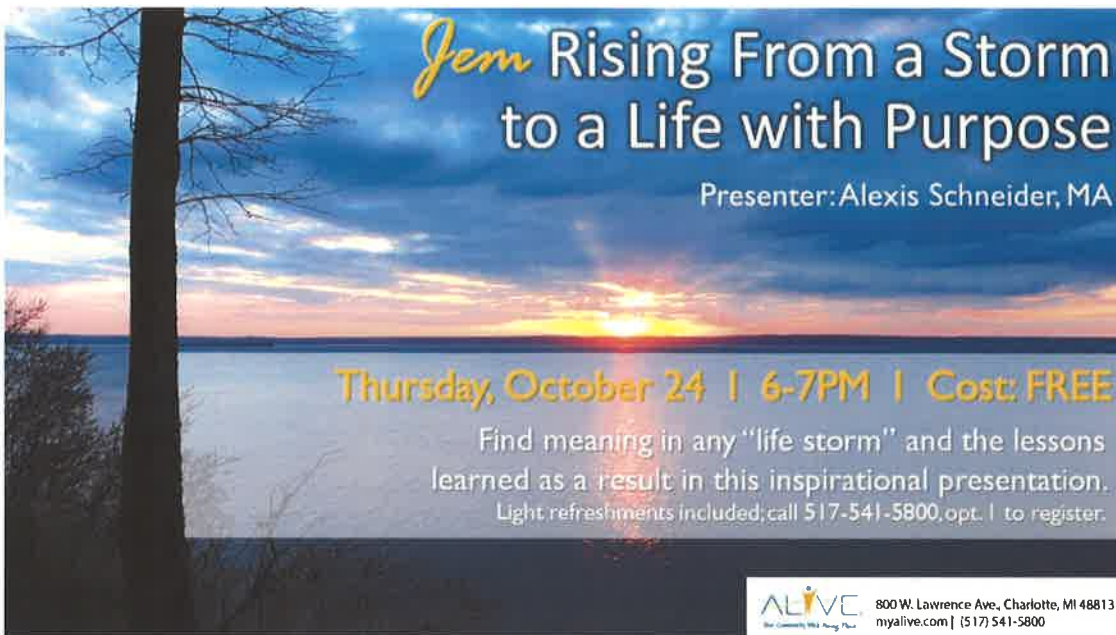
LADIES: Check out a couple of this month's JEM events!

JEM Women's Tee Time

Wednesday, Oct. 9 6-7:30PM Cost: \$15

Partake in a group lesson followed by mingling with beverages and appetizers!
 Space is limited to the first 16 registrants. *Please bring golf club(s)!*



Jem Rising From a Storm
to a Life with Purpose

Presenter: Alexis Schneider, MA

Thursday, October 24 | 6-7PM | Cost: FREE

Find meaning in any "life storm" and the lessons learned as a result in this inspirational presentation. Light refreshments included; call 517-541-5800, opt. 1 to register.

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myalive.com | (517) 541-5800

**Feeling aches and pains, and don't think you should?
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	ALIVE <small>Your Community Well-Being Place</small>	800 W. Lawrence Ave. Charlotte, MI myalive.com (517) 541-5800
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Every Wednesday 6-8PM	playmakers <small>www.playmakers.com</small>	2299 W. Grand River Ave. Okemos, MI www.playmakers.com 517.349.3803
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*ALIVE is an experience-based, destination health park opened by our local 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

10/2/2019

City of Charlotte Mail - October at ALIVE = FALL FUN!

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

ALIVE, Your Community Well-Being Place

SEH - ALIVE

321 E. Harris Street

Charlotte, MI 48813

 iContact®
TRY IT FOR FREE ▶