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JANUARY at ALIVE

RENEW YOURSELF WITH US, THIS 2020!



WHAT WILL YOU CREATE?

Join MOVE today and your \$100 enrollment fee is waived with a 12-month agreement!

We CREATE EXPERIENCES

- EMPOWER**, rehabilitation services
- EXPLORE**, indoor and outdoor walking path
- FUSE**, clinical spa
- GATHER**, conference center
- GROW**, children's enrichment area
- MOVE**, fitness center
- NOURISH by The Big Salad**, healthy-eating café
- RELISH**, demonstration teaching kitchen
- SOAR**, multi-purpose activity gym

ALIVE
Your Community Well-Being Place

A destination health park offering an integrated array of health and well-being experiences!

What will you CREATE? Call 517-541-5800 or visit myalive.com.

GET THE KIDS STEPPING & WIN!

~ Register now by calling (517) 541-5803! Space is limited! ~

Happy Feet Walking Club
January 2-31

A walking program to incentivize kids ages 3-12 to get moving!

- Set goals
- Earn tokens
- Win prizes
- Participate in fun weekly activities!

Cost: \$15 first child, \$12 per add'l child (same household)
Children must be accompanied by an adult.

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

TRY THE LATEST CRAZE IN MOVE!

Register now by calling (517) 543-9575
or through the MyAlive mobile app.

NEW Receive a personalized fitness experience in a group setting!
Track workouts and effort in *real time* with **myzone**!

NEED A BELT? BUY IT WITH THE CLASS!
MOVE Members: \$50/6-week session
Cost: \$90/6-week session

HAVE A MYZONE BELT ALREADY?
MOVE Members: \$15/6-week session
Cost: \$45/6-week session

<p><u>Heart-Rate Training: Cardio</u> Monday 10:30a-11:15a Wednesday 10:30a-11:15a</p>	<p><u>Heart-Rate Training: Bootcamp</u> Friday 6:00p-6:45p</p>
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ALIVE 800 W. Lawrence Ave., Charlotte, NC 28213 myzone.com | (517) 541-5800

Join us for this **FREE** educational program!

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

FREE-TO-THE-COMMUNITY!
Professional Speaker Series:
Home & Office Desktop Ergonomics

Mon., Jan. 20 | 5:30PM – 6:30PM

Learn how to sit and work properly at home and in the office in this educational seminar! Decrease your chances of developing chronic pain such as overuse, postural problems, etc.

Refreshments provided for those who register by Friday, Jan. 17; call (517) 541-5800, option 1.

Cole Christiansen,
OTR/L, OTD

Karri Willis,
MS, PT

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LADIES - GET CRAFTING!

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

Jewelry Wreath Making

With Emily Vandorpe & Kristi Lincoln

Wed., Jan. 22 | 6-7:30PM
\$25/person (all supplies included)




ALIVE 800 W. Lawrence Ave., Charlotte, MI 48813
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.

<p>Every Tuesday 5:30-7 PM</p>	 <p>ALIVE Your Community Well-Being Place</p>	<p>800 W. Lawrence Ave. Charlotte, MI myalive.com (517) 541-5800</p>
<p>Every Wednesday 6-8PM</p>	 <p>playmakers HOLD. WALK. LIVE.</p>	<p>2299 W. Grand River Ave. Okemos, MI www.playmakers.com 517.349.3803</p>



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

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