



FALL PROGRAM GUIDE



Sept. 4, 2012 – Dec. 2, 2012
www.myalive.com



Hours of Operation

Monday-Thursday	6:30 a.m. to 8 p.m.
Friday	6:30 a.m. to 6 p.m.
Saturday	9 a.m. to 5 p.m.

ALIVE will be closed Labor Day (Sept. 3) and Thanksgiving (Nov. 22). **Note that classes will reflect prorated rates if they fall on a holiday or during special events.**

Registration

Register early to ensure your spot in a class or session – they can fill up quickly. Late registrations are accepted space permitting and rates may be pro-rated for the remainder of the session.

Pricing is listed in the class descriptions and may reflect cost for Session 1/Session 2/ Sessions 1 & 2.

- **Session 1: Sept. 4 – Oct. 21**
- **Session 2: Oct. 22 – Dec. 2**

There are three convenient registration methods:

- Log in to myalive.com.
- Call 517.541.5805.
- Visit the front desk in Journey.

Events

Host your meeting or event at ALIVE. Contact Amy Pennington at 517.541.5812 for more information or to schedule a date.

LINK

Sign up for LINK program at www.myalive.com and receive the following benefits:

- Simplified check-in
- Automatically counts laps as you walk the indoor path (Explore).
- Customized experience when receiving therapy or spa services
- Games, ebook readers or digital music players available for check out
- Email notifications on new programs, classes and special events
- Plus many more benefits to come

Jem

All women have the opportunity to become a *Jem*, or Journey Experience Member. As part of this group you receive:

- Ten-percent (10%) discounts on products, services and classes*
- Free annual nurse consultation
- Free bone density screening
- Members-only access to trips and events and more*

Cost: \$20/year

*Look for *Jem* in the program guide to find exclusive and/or discounted programs for *Jems*.

Refunds

To ensure quality instruction and adequate space, enrollment in each program is limited. Registrations are no longer accepted once a class is filled. Classes may be combined or cancelled if the minimum enrollment is not reached.

Cancellations are allowed until 4 p.m., the Friday before a class begins to receive a refund. There will be no refunds or rebates for classes missed due to illness, travel or other reasons.



ALIVE Policies

The following guidelines are to help everyone enjoy a safe and exceptional experience at ALIVE:

- Complimentary lockers and coat hooks to store belongings are available in Stow, located just inside Awaken, the entrance to ALIVE. Please refrain from bringing bags and jackets into class.
- For your safety and as a courtesy to others, please do not enter a class or program more than 10 minutes after it has begun.
- Children under the age of 13 must be accompanied by an adult or guardian unless enrolled in a facilitated program. (Drop-in activities in Soar are not facilitated.)
- Teens ages 13 to 17 are permitted to use ALIVE without supervision if a Teen Safety Sheet has been signed by a parent or guardian.
- Shirts and appropriate footwear are required in all public areas of ALIVE.
- Basketballs and other recreational equipment are stored in the benches in Soar and are available for visitors' use. Please return all items to their original location after use.
- Bridge is a transitional workout space reserved for scheduled classes and programs. When not used for a class, Bridge may be used by visitors who purchase a day pass (\$10).
- The ALIVE campus is tobacco-free.

Contact Information

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

Phone Numbers

ALIVE – Main Line	541-5800
ALIVE – Fax	541-5810
Class Registration	541-5805
Creationaires	541-5811
Empower (Rehab)	541-5800, opt. 2
Journey	541-5805
Nourish	541-5815
Spa Services	541-5805

Barbara Fulton	543-1050, ext. 1251
Director of Community and Organizational Development	
Amy Pennington	541-5812
Program Coordinator	
Patrick Sustrich	541-5860
Executive Director	



Nourish

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Special Events

SEPTEMBER: Inspire

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OCTOBER: Balance

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Sampler (Pg. 36)
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- Nov. 10 Impression 5's Kitchen Chemistry (Pg. 35)
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DECEMBER: Share

- Dec. 8 Impression 5's Electricity Works (Pg. 35)



Ascend

Weekly Schedule

Mondays

6:30 a.m.–8 p.m.	Indoor Walking
8 a.m.–10 a.m.	Basketball: Adult Drop-In
9 a.m.–9:45 a.m.	Women's Weight Circuit
10 a.m.–11 a.m.	Enhance Fitness
1 p.m.–1:45 p.m.	Active Arthritis
3:30 p.m.–5 p.m.	Basketball: Teen Drop-In
5:30 p.m.–6:15 p.m.	Zumba (ages 13-17)
6:30 p.m.–8 p.m.	Volleyball: Drop-In
6:30 p.m.–8 p.m.	Bridge: Women-Only Workout

Tuesdays

6:30 a.m.–8 a.m.	Basketball: Teen Drop-In
6:30 a.m.–8 p.m.	Indoor Walking
8:15 a.m.–9 a.m.	Zumba
9 a.m.–9:45 a.m.	Kettlebell
9:15 a.m.–10 a.m.	Pilates: Plus
10:30 a.m.–11:30 a.m.	Yoga: Better Backs
12 p.m.–2 p.m.	Basketball: Open Shoot
1 p.m.–1:45 p.m.	Fit Cancer Survivors
3 p.m.–5 p.m.	Bridge: Teen-Only Workout
4:30 p.m.–5:30 p.m.	Zumba
5:30 p.m.–6:15 p.m.	Pilates: Basic Matwork
5:40 p.m.–6:10 p.m.	Rock Climbing
6:15 p.m.–7:15 p.m.	Zumba (women only)
7:15 p.m.–8:00 p.m.	Dodgeball: Drop-In

Wednesdays

6:30 a.m.–8 a.m.	Basketball: Adult Drop-In
6:30 a.m.–8 p.m.	Indoor Walking
9 a.m.–9:45 a.m.	Women's Weight Circuit
10 a.m.–11 a.m.	Enhance Fitness
10:15 a.m.–11:15 a.m.	Yoga: Beginner Basic
12:30 p.m.–2 p.m.	Basketball: All Ages Drop-In
3 p.m.–5 p.m.	Bridge: Women-Only Workout
3:30 p.m.–5 p.m.	Basketball: Teen Drop-In
5:30 p.m.–6:15 p.m.	Cardio Dance
5:30 p.m.–6:30 p.m.	Yoga: Beginner Basic
6:30 p.m.–8 p.m.	Basketball: Adult Drop-In
6:30 p.m.–8 p.m.	Bridge: Women-Only Workout
6:45 p.m.–7:45 p.m.	Yoga: Stretch & Relax

Thursdays

6:30 a.m.–8 p.m.	Indoor Walking
8:15 a.m.–9 a.m.	Zumba
9 a.m.–9:45 a.m.	Suspension Training
9:15 a.m.–10 a.m.	Pilates: Basic Matwork
1 p.m.–3 p.m.	Basketball: Open Shoot
3 p.m.–5 p.m.	Bridge: Teen-Only Workout
4:30 p.m.–5:30 p.m.	Zumba
5:30 p.m.–6:15 p.m.	Tai Chi
5:40 p.m.–6:10 p.m.	Tetherball
5:40 p.m.–6:10 p.m.	Basketball: Open Shoot
6:15 p.m.–7:15 p.m.	Zumba (women only)
7:15 p.m.–8 p.m.	Basketball: All Ages Drop-In

Fridays

6:30 a.m.–6 p.m.	Indoor Walking
8 a.m.–10 a.m.	Basketball: All Ages Drop-In
9 a.m.–10 a.m.	Bridge: Women-Only Workout
10 a.m.–11 a.m.	Enhance Fitness
11 a.m.–11:45 a.m.	Tai Chi
12 p.m.–2 p.m.	Basketball: Adult Drop-In
3:30 p.m.–5 p.m.	Basketball: All Ages Drop-In
5 p.m.–6 p.m.	Basketball: Adult Drop-In

Saturdays

9 a.m.–9:45 a.m.	Kettlebell
9 a.m.–10:30 a.m.	Volleyball: Drop-In
9 a.m.–12 p.m.	Bridge: Women-Only Workout
9 a.m.–5 p.m.	Indoor Walking
10 a.m.–10:45 a.m.	Suspension Training
10:30 a.m.–12:30 p.m.	Basketball: Adult Drop-In
12:30 p.m.–2 p.m.	Rock Climbing
12:30 p.m.–2 p.m.	Basketball: Open Shoot
4 p.m.–5 p.m.	Basketball: Teen Drop-In



Yoga in Soar

DO

Active Arthritis

Level: Beginner

Increase mobility and have fun with this program especially for people with arthritis. Increasing physical activity helps reduce pain and inflammation. Participants use weight training and cardiovascular exercises at the their own pace and skill level. Receive a guest pass to Bridge each week.

Cost: \$25/\$25/\$46*

Mon.

1 p.m. – 1:45 p.m.

Basketball: Adult Drop-In

Participants have access to the full basketball court and are able to organize a pick-up game. Ages 18 and up.

Cost: \$3

Mon.

8 a.m. – 10 a.m.

Wed.

6:30 a.m. – 8 a.m.

6:30 p.m. – 8 p.m.

Fri.

12 p.m. – 2 p.m.

5 p.m. – 6 p.m.

Sat.

10:30 a.m. – 12:30 p.m.

Basketball: All Ages Drop-In

Participants have access to the full basketball court and are able to organize a pick-up game. All ages and skill levels welcome.

Cost: \$3

Wed.

12:30 p.m. – 2 p.m.

Thurs.

7:15 p.m. – 8 p.m.

Fri.

8 a.m. – 10 a.m.

3:30 p.m. – 5 p.m.

Basketball: Open Shoot

Court is divided for shooting only and individual skill development. No pick-up games. All ages and skill levels welcome.

Cost: Free

Tues.	12 p.m. – 2 p.m.
Thurs.	1 p.m. – 3 p.m. 5:40 p.m. – 6:10 p.m.
Sat.	12:30 p.m. – 2 p.m.

Basketball: Teen Drop-In

Participants have access to the full basketball court and are able to organize a pick-up game. Ages 13-17.

Cost: \$3

Mon.	3:30 p.m. – 5 p.m.
Tues.	6:30 a.m. – 8 a.m.
Wed.	3:30 p.m. – 5 p.m.
Sat.	4 p.m. – 5 p.m.

Belly Dancing

Oct. 6 – Nov. 10

Learn basic movements, techniques and isolations in this fun and exciting Middle Eastern dance.

Cost: \$49

Sat.	12 p.m. – 1 p.m.
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Bridge: Teen-Only Workout

Get in a quick, fun workout with friends after school. This is an independent workout time

with no instructor. Ages 13-17.

Cost: Day pass (\$10)

Tues.	3 p.m. – 5 p.m.
Thurs.	3 p.m. – 5 p.m.

Bridge: Women-Only Workout

Enjoy an independent workout in a comfortable, non-intimidating atmosphere.

Cost: Day pass (\$10)

<i>Jem</i> Mon.	6:30 p.m. – 8 p.m.
<i>Jem</i> Wed.	3 p.m. – 5 p.m. 6:30 p.m. – 8 p.m.
<i>Jem</i> Fri.	9 a.m. – 10 a.m.
<i>Jem</i> Sat.	9 a.m. – 12 p.m.

Cardio Dance

Level: Beginner to Intermediate

Dance to today's hottest music in this high-energy fitness class.

Cost: \$29/\$25/\$50*

Wed.	5:30 p.m. – 6:15 p.m.
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Celebrate! Youth Parties

Bring your birthday, team or group party to ALIVE and use Soar, the multi-use gym for various games including basketball, volleyball, dodgeball, floor hockey and more. Healthy snack and beverages provided.

Call Amy Pennington at 517-541-5812 for more information.

**Cost: \$150 for 15 participants
\$12/additional participant**

Sat.	2 p.m. – 4 p.m. by reservation
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Dodgeball: Drop-In

Drop in, play a game and have fun! Participants have access to the full court and can organize a pick-up game. All ages and skill levels.

Cost: \$3

Tues. 7:15 p.m. – 8 p.m.

Enhance Fitness

Level: Beginner

Staying fit as you age doesn't have to be an uphill battle. Improve cardiovascular endurance, strength, balance and flexibility. *This class is evidence-based and supported by the Michigan Department of Health and Centers for Disease Control.*

Cost: \$4/class

Mon.	10 a.m. – 11 a.m.
Wed.	10 a.m. – 11 a.m.
Fri.	10 a.m. – 11 a.m.

Family Health & Fitness Day

Join us for this 2nd annual family-friendly HGB event. Visit myalive.com for a complete list of programs and event times.

Free activities include:

- Family games and activities
- Healthy cooking and exercise demonstrations
- Crafts for kids
- Nutritional assessments
- Skin analysis by an esthetician
- Fire truck demonstrations

Cost: Free

Sat., Sept. 29 9 a.m. – 3 p.m.

Fit Cancer Survivors

Level: Beginner

Whether completing or currently undergoing treatment, this fitness class helps strengthen and energize your body. Class includes light cardiovascular exercise combined with weight training. Participants receive a guest pass to Bridge each week of class.

Cost: \$29/\$25/\$50*

Tues. 1 p.m. – 1:45 p.m.

Good Form Running

Oct. 11 - Nov. 1

Good form matters. Learn the four essential steps to good form running and how using these steps can increase speed and decrease chances of injury. This Playmakers program is right in your backyard.

Cost: \$25

Thurs. 5:30 p.m. – 6:30 p.m.

Indoor Walking

Bring a friend and feel ALIVE while walking along the indoor trail, (Explore). Always open during ALIVE's normal operating hours. Sixteen laps per mile. Walking direction changes daily.

Cost: Free

Mon.-Thurs.	6:30 a.m. – 8 p.m.
Fri.	6:30 a.m. – 6 p.m.
Sat.	9 a.m. – 5 p.m.

Kettlebell

Level: Intermediate to Advanced

A great cardiovascular and strength-training workout in only 45 minutes. Equipment provided; participants can also bring their own kettlebell.

Cost: \$32/\$29/\$55*

Tues.	9 a.m. – 9:45 a.m.
Sat.	9 a.m. – 9:45 a.m.

live life. Nspired.

This HGB 5K run and family walk is inspired by Natalie Freiburger's 11 years of life lived fully. Join participants from all walks of life for this unique generosity experience. Race participants receive a free health screening. Register at www.livelifenpired.org.

Cost: 5K Run - \$18/\$20/\$25**

Family Run - \$43/\$48/\$60**

Family Walk - Free

Sat., Sept. 8	8 a.m.
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****Registration dates Aug. 24/Sept. 7/Sept. 8**

Rock Climbing

Challenge yourself to the 24-foot rock climbing wall. All ages welcome; a signed waiver must be on file. Minimum weight requirement is 45 lbs.

Cost: Free

Tues.	5:40 p.m. – 6:10 p.m.
Sat.	12:30 p.m. – 2 p.m.

Suspension Training

Level: Beginner to Intermediate

Participants use TRX suspension trainers that

use body weight to create a functional weight-training workout to improve strength, balance, flexibility and overall health.

Cost: \$32/\$25/\$51*

Thurs.	9 a.m. – 9:45 a.m.
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Cost: \$32/\$29/\$55*

Sat.	10 a.m. – 10:45 a.m.
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Tetherball

Challenge a friend to this fun playground game. All ages welcome.

Cost: Free

Thurs.	5:40 p.m. – 6:10 p.m.
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Volleyball Drop-In

Participants have access to Soar and can organize a pick-up game, work on skills and have fun. All ages welcome.

Cost: \$3

Mon.	6:30 p.m. – 8 p.m.
Sat.	9 a.m. – 10:30 a.m.

Women's Weight Circuit

Level: Beginner to Intermediate

This women-only class combines a variety of cardiovascular exercises with resistance training to improve endurance, strength and balance.

Cost: \$25/\$25/\$46*

<i>Jem</i> Mon.	9 a.m. – 9:45 a.m.
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Cost: \$29/\$25/\$50*

<i>Jem</i> Wed.	9 a.m. – 9:45 a.m.
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Zumba

Level: Beginner to Intermediate

Zumba is a fusion of Latin and international music with dance themes that create a dynamic and effective fitness system. Experience an exhilarating workout meant to engage the entire body. Forty-five minute classes: dance only; 60-minute classes: dance plus core and stretching. (No evening class Oct. 23.)

Cost: \$25/\$25/\$46*

Mon. (Ages 13-17) 5:30 p.m. – 6:15 p.m.

Cost: \$29/\$25/\$50*

Tues. 8:15 a.m. – 9 a.m.

Cost: \$29/\$21/\$46*

Tues. 4:30 p.m. – 5:30 p.m.
Jem *6:15 p.m. – 7:15 p.m.

Thurs. 8:15 a.m. – 9 a.m.
4:30 p.m. – 5:30 p.m.
Jem *6:15 p.m. – 7:15 p.m.

*Women-only



Guitarist on Perform

BREATHE

Guided Imagery

Take a relaxing lunch break to be guided through relaxation techniques that leave you feeling rejuvenated and ready for the rest of the day.

Cost: \$5 per class

Fri., Sept. 28 12:15 p.m. – 12:45 p.m.

Fri., Oct. 26 12:15 p.m. – 12:45 p.m.

Fri., Nov. 30 12:15 p.m. – 12:45 p.m.

Pilates: Basic Matwork

Level: Beginner

Pilates is a mind-body discipline with focus on the breath and activating the core. Use deep abdominal and back muscles to increase strength and flexibility. Participants must be comfortable getting up and down from the floor.

Cost: \$32/\$28/\$55*

Tues. 5:30 p.m. – 6:15 p.m.

Cost: \$32/\$23/\$51*

Thurs. 9:15 a.m. – 10 a.m.

Pilates: Plus

Level: Intermediate

Applies all principles of Pilates using ring equipment. Create lean muscles and improve core strength. Learn exercises focused on common imbalances of the hip, shoulder and back for improved alignment and healthy movement patterns. Previous Pilates experience is recommended.

Cost: \$32/\$28/\$55*

Tues. 9:15 a.m. – 10 a.m.

Tai Chi

Level: Beginner to Intermediate

Considered “meditation in motion,” Tai Chi focuses on balance and slow, controlled movements. It can improve balance, flexibility, upper and lower-body strength, as well as reduce feelings of depression and anxiety.

Cost: \$32/\$25/\$51*

Thurs. 5:30 p.m. – 6:15 p.m.

Cost: \$32/\$28/\$55*

Fri. 11 a.m. – 11:45 a.m.

Yoga: Beginner Basic

Level: Beginner

Yoga improves balance, strength and flexibility. Learn gentle poses focusing on relaxation, healing and realigning the body. Benefits include stress relief and improved energy levels. (No 5:30 p.m. class Sept. 19.)

Cost: \$32/\$28/\$55*

Wed. 10:15 a.m. – 11:15 a.m.

Cost: \$28/\$28/\$51*

Wed. 5:30 p.m. – 6:30 p.m.

Yoga: Better Backs

Level: Beginner to Intermediate

Targeted to improve flexibility and strengthen the back. Learn gentle poses focusing on relaxation, healing and realigning the body.

Cost: \$32/\$28/\$55*

Tues. 10:30 a.m. – 11:30 a.m.

Yoga: Stretch & Relax

Level: Beginner to Intermediate

A unique combination of stretching, balance, strength building, mindfulness and breath-work to retrain body and mind for relaxation. This synchronizes breathing and movement for a unique feel of flow throughout the class. (No class Sept. 19.)

Cost: \$28/\$28/\$51*

Wed. 6:45 p.m. – 7:45 p.m.



Chair massage

EAT

An Evening with Chocolate

Instructor: Lori Pray

Learn how to create, temper and serve your own chocolate, as well as how to make truffles and a simple chocolate souffle. Bring your sweet tooth!

Cost: \$10

Thurs., Nov. 29 6:30 p.m. – 7:30 p.m.

Bring Your 'A' Game: Chef's Challenge

Local chefs, cooks and food lovers compete in a 40-minute contest with mystery ingredients consisting of fresh produce. Audience members taste and vote on the creations, along with two celebrity judges. Kids interactive food activities. All proceeds donated to the "Become ALIVE" Capital Campaign.

Admission: \$5 individuals/\$20 families

Contestants: \$35

Tues., Oct. 23 6:30 p.m. – 7:30 p.m.

Cake Decorating

Instructor: Lori Pray

Learn icing techniques, piping, flowers and writing so you can create a beautiful birthday cake sure to impress loved ones. Participants receive a miniature cake to decorate and take home.

Cost: \$15

Thurs., Oct. 18 6:30 p.m. – 7:30 p.m.

Classic Risotto & Rice Pilaf

Instructor: Chef Justin Straube

Whether looking for a new and exciting side dish to spice up a meal, or to perfect your risotto dish, come learn the best ways to serve rice. Technique-based instruction with some tasty samples.

Cost: \$15

Tues., Sept. 25 6:30 p.m. – 7:30 p.m.

Cooking Around the World: Bonjour!

Instructor: Chef Richard Taylor

Bring a touch of France to dinner and learn how to create a delicious provence garlic-roasted chicken, a side of glazed carrots and honey ginger sauce. *Dinner included.*

**Cost: \$85 for four-class series
\$25 per class**

Wed., Sept. 19 6:30 p.m. – 7:30 p.m.

Cooking Around the World: Scrumptious Seafood

Instructor: Chef Richard Taylor

Cooking with seafood is an art. Learn great techniques and common mistakes. Chef Richard prepares pecan-encrusted whitefish paired with garlic mashed potatoes and a squash and zucchini medley. *Dinner included.*

**Cost: \$85 for four-class series
\$25 per class**

Tues., Oct. 16 6:30 p.m. – 7:30 p.m.

Cooking Around the World: Southern Gumbo

Instructor: Chef Richard Taylor

You'll feel like you're in the French Quarter when you taste these gumbo dishes: a traditional chicken and sausage gumbo and a seafood gumbo, both served with saffron white rice. *Dinner included.*

**Cost: \$85 for four-class series
\$25 per class**
Tues., Nov. 20 6:30 p.m. – 7:30 p.m.

Cooking Around the World: Viva Italiano!

Instructor: Chef Richard Taylor

Join Chef Richard for a traditional chicken parmesan with homemade wheat pasta and a side of deliciously seasoned steamed vegetables. *Dinner included.*

**Cost: \$85 for four-class series
\$25 per class**
Tues., Oct. 2 6:30 p.m. – 7:30 p.m.

Cooking with Venison

Instructor: Chef Doreen Ackerson

Learn how to create delicious meals using the venison your hunter has stocked in the freezer. Whether you are learning for yourself or your favorite hunter, these recipes will have everyone requesting venison for dinner.

Cost: \$15
Thurs., Nov. 1 6:30 p.m. – 7:30 p.m.

Energizing Snacks

Instructor: Chef Doreen Ackerson

Create healthy snacks for that moment when you need a little extra energy. Learn tips to keep these snacks tasty, healthy and ready to go when they're most needed.

Cost: \$10
Thurs., Sept. 6 6:30 p.m. – 7:30 p.m.

Fancy Tailgating

Instructor: Chef Doreen Ackerson

Tailgating can be more than burgers and brats. Learn how to make delicious meals and treats fit for any tailgating event. You'll be the hit of football season. Generous samples provided.

Cost: \$20
Thurs., Sept. 13 6:30 p.m. – 7:30 p.m.

Healthy Eating on a Budget

Instructor: Bree Chapman, R.D.

Healthy eating can be hard on the budget if you're not careful. Learn how to cook delicious and affordable meals that make you feel great.

Cost: \$10
Wed., Sept 5 6:30 p.m. – 7:30 p.m.

Healthy Fall Favorites

Instructor: Bree Chapman, R.D.

HGB's registered dietitian demonstrates healthy recipes featuring fall's bounty that are perfect for Thanksgiving and family gatherings.

Cost: \$15
Wed., Sept 26 6:30 p.m. – 7:30 p.m.

Light & Fit Comfort Foods

Instructor: Sherlyn Hogenson, M.S., R.D.

Comfort foods have a bad reputation of being less than healthy. Make these heavy foods lighter by using creative substitutions. Learn about herbs, spices and other seasonings and ingredients to make comfort food healthy and delicious.

Cost: \$10

Mon., Oct. 15 6:30 p.m. – 7:30 p.m.

Light & Fit Desserts

Instructor: Sherlyn Hogenson, M.S., R.D.

Eating healthy doesn't mean giving up the foods you love. You just have to learn to be a little more creative. Join us for a makeover of some favorite desserts.

Cost: \$10

Mon., Sept. 10 6:30 p.m. – 7:30 p.m.

Little Italy: Pestos, Pastas & Parmesans

Instructor: Chef Justin Straube

Learn authentic Italian cooking with tasty results, including the perfect food complimentors and pairings for each pesto, pasta and parmesan.

Cost: \$20

Tues., Sept. 18 6:30 p.m. – 7:30 p.m.

Make-Ahead Thanksgiving Sides

Instructor: Lori Pray

Learn how to prioritize side dishes to avoid

getting overwhelmed Thanksgiving day. Dishes you can make ahead and retain their deliciousness include mashed potatoes and gravy, brussel sprouts and squash.

Cost: \$15

Thurs., Nov. 8 6:30 p.m. – 7:30 p.m.

Physician Cooking Series: Bone Health

Instructor: Seneca Storm, M.D., and Sherlyn Hogenson, M.S., R.D.

What we eat directly impacts our bone health, whether they get strong or stay strong. Our bones are constantly being remodeled over our lifetime. We'll cook salmon and bok choy with plant-based and gluten-free snack sides accompanied by choice of dairy or non-dairy dessert.

**Cost: \$35 for three-class series
\$15 per class**

Wed., Oct. 17 12 p.m. – 1 p.m.

Physician Cooking Series: On the Go Snacks

Instructor: Seneca Storm, M.D.

Learn how to make veggie based snacks as a way to get your recommended 5-9 servings of fruits and vegetables each day. These fast simple options will help keep your snacks healthy at work or on the road. Sample fresh homemade granola.

**Cost: \$35 for three-class series
\$15 per class**

Wed., Sept. 12 6:30 p.m. – 7:30 p.m.

Physician Cooking Series: Vegan & Gluten Free

Instructor: Seneca Storm, M.D.

Learn how you can make sure there is something plant-based and gluten-free at your next family or holiday gathering. We will make a plant-based sweet potato lasagna with a Brussels sprout, apple and pecan salad loaded with antioxidants and surprisingly delicious.

**Cost: \$35 for three-class series
\$15 per class**

Wed., Nov. 14 6:30 p.m. – 7:30 p.m.

Post-Workout Recovery Meals

Instructor: Chef Doreen Ackerson

There are delicious, healthy meals that can help you recover after a great workout. Also learn tips for race day and game day recovery for athletes.

Cost: \$15

Thurs., Sept. 20 6:30 p.m. – 7:30 p.m.

Roux & Sauce Making

Instructor: Chef Justin Straube

Become known for your sauces by learning the important techniques of roux and sauce making. Taste some delicious samples.

Cost: \$15

Tues., Oct. 9 6:30 p.m. – 7:30 p.m.

Spooky Treats

Instructor: Chef Doreen Ackerson

Just in time for Halloween, make tasty, spooky treats perfect for any party or for trick-or-treaters.

Cost: \$10

Thurs., Oct. 25 6:30 p.m. – 7:30 p.m.

Tomatoes: Canning, Freezing & Dehydrating

Instructor: Lori Pray

Choose the perfectly ripened tomato, then freeze, can and dehydrate them. Learn when to use each variety and taste some delicious tomato-based treats.

Cost: \$15

Thurs., Sept. 27 6:30 p.m. – 7:30 p.m.

Vegan Variety

Instructor: Chef Doreen Ackerson

It can be difficult for vegans to find good options and variety for dinner. Learn creative ideas on ways to make an assortment of tasty vegan meals.

Cost: \$20

Thurs., Oct. 4 6:30 p.m. – 7:30 p.m.



SUPPORT

Alzheimer's Support Group

Connect, support and cope with the struggles of having a loved one with Alzheimer's. Each group meeting includes a speaker.

Cost: Free

Tues., Sept. 18	6:30 p.m. – 8 p.m.
Tues., Oct. 16	6:30 p.m. – 8 p.m.
Tues., Nov. 20	6:30 p.m. – 8 p.m.

CanHope Cancer Support Group

Support for cancer patients, survivors, family and friends, and caregivers. Attend as often as you prefer. Gatherings often involve informal conversations and sometimes feature presentations from medical professionals. Occasional opportunities to take on projects to help those dealing with cancer or to support cancer-related events.

Cost: Free

Mon., Sept. 17	6:30 p.m. – 7:45 p.m.
Mon., Oct. 15	6:30 p.m. – 7:45 p.m.

Diabetes Forum: Prevention, Control & Cure

HGB clinical specialists and Sparrow specialists will be on hand to answer questions about diabetes prevention, treatment and complications. Informational booths feature products and medication, nutrition and exercise programs, and medication disposal information. A physician speaker will address diabetes

management. Visit myalive.com for more details.

Cost: Free

Tues., Nov. 6 6 p.m. - 8 p.m.

Diabetes Support Group

Meet and share with other diabetics and learn from knowledgeable speakers. Presenters vary monthly. Dietitians, nurses, physical therapists and pharmacists discuss topics ranging from new medications and treatments to healthy holiday options.

Cost: Free

Thurs., Sept. 27	6:30 p.m. – 8 p.m.
Thurs., Oct. 25	6:30 p.m. – 8 p.m.

Freedom from Smoking

Sept. 25 - Nov. 6

Never quit quitting ... it's a long journey. Join this 8-session workshop to learn proven methods from the American Lung Association's Freedom From Smoking program. (Class meets Tuesday and Thursday the week of Oct. 15.)

Cost: \$150

Tues. 6 p.m. - 8 p.m.

Women's Tea

Mingle while enjoying fresh baked goods and tea from Evelyn Bay. Monthly presentations on a variety of educational topics. Space is limited; registration required.

Cost: Free

Tues., Sept. 4	2 p.m. – 3 p.m.
Tues., Oct. 2	2 p.m. – 3 p.m.
Tues., Nov. 6	2 p.m. – 3 p.m.

THINK

ALIVE Book Club

Facilitator: Amy Pennington

Join the ALIVE book club and find a new adventure each month. Books are available on Kindles, which can be checked out at ALIVE for free by LINK holders.

Cost: Free

Fri., Sept. 28	1 p.m. – 2 p.m.
Fri., Oct. 26	1 p.m. – 2 p.m.
Fri., Nov. 30	1 p.m. – 2 p.m.

Art of Nature

Instructor: Fenner Nature Center Staff

Be inspired by nature! This workshop introduces artists of all ages and abilities to a myriad of techniques and tools to create nature-inspired art projects. Begin by learning how artists long ago looked to nature for inspiration, as well as how they used natural materials to create art. Materials are provided and families are encouraged to participate together. Ages 2-99.

**Cost: \$10 per person
\$25 per family**

Sat., Oct. 27	1 p.m. – 4 p.m.
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Girls Night Out

Sept. 27 - Nov. 15

Instructor: Elaine Scribner

Explore an array of coping and relaxation strategies that can nurture and heal. Relax and rejuvenate while learning about meditation, journaling, labyrinth, stress-free diet, humor

therapy, pain-free management techniques, Tai Chi, music and art therapy, aroma therapy, compassion and forgiveness, and more.

Cost: \$45

Jem Thurs. 6:30 p.m. - 8 p.m.

Impression 5's Electricity Works!

Instructor: Staff from Impression 5 Science Center

Explore the science behind electricity and make your own pencil fan. Learn how circuits work and experiment with buzzers, lights and switches. For families who want to play and create. Ages 5+.

**Cost: \$20 per parent/child group
\$12 per additional child.**

Sat., Dec. 8	9 a.m. – 12 p.m.
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Impression 5's Kitchen Chemistry

Instructor: Staff from Impression 5 Science Center

This workshop turns chefs into scientists. Transform ordinary ingredients into amazing chemistry experiments. Explore with solutions, reactions and more. Create an edible experiment. For families who want to play and create. (Please advise of any food allergies.) Ages 5+.

**Cost: \$15 per parent/child group
\$10 per additional child**

Sat., Nov. 10	9 a.m. – 12 p.m.
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Impression 5's Ultimate Science Sampler

Instructor: Staff from Impression 5 Science Center

Waken your senses as you explore science. Enjoy hands-on experiments with forces and states of matter. Learn about the science of flight, light and get shocked. For families who want to play and create. Ages 5+.

**Cost: \$15 per parent/child group
\$10 per additional child**

Sat., Oct. 6 9 a.m. – 12 p.m.

Jem Trip: English Inn

Enjoy lunch at the English Inn with fellow *Jems*. Menu choices are chicken champignon or grilled Atlantic salmon. (Vegetarian entree available on request.) After lunch, tour the gardens and the mansion. Price is all-inclusive. Pre-registration required – call 517-541-5805 for details.

Cost: \$25

Jem Thurs., Sept. 13 11:30 a.m.

Jem Trip: Southern Exposure

Holiday decorating on a showstring with chef -inspired dinner and wine. This workshop will astound with more than 100 imaginative and inspiring decor ideas to get ready for the holidays. Pre-registration required by Oct. 12. Call 517-541-5805 for details.

Cost: \$45

Jem Thurs., Nov. 15 9 a.m. – 12 p.m.

New Generation Wellness Program for Kids

Oct. 2 – Nov. 8

This program teaches kids good wellness habits that will benefit them for life, including how to eat right and exercise safely. Participants spend a half-hour with a registered dietitian and a half-hour with an exercise physiologist each class. Ages 8 to 14; parents or guardian are also encouraged to participate at no additional cost.

Cost: \$99

Tues. & Thurs. 4:15 p.m. – 5:15 p.m.

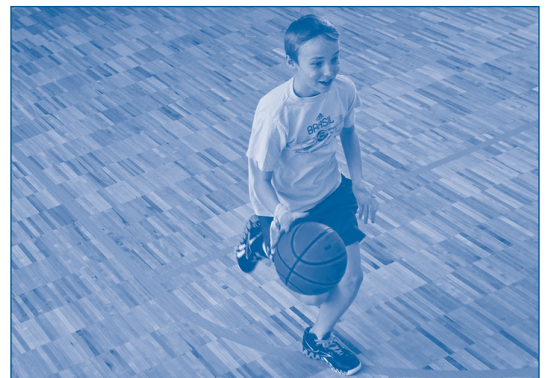
Stride Like a Lion, Soar Like an Eagle

Instructor: Elaine Scribner

Live joyously despite the pain, grief, stressors and assorted speed bumps that life's challenges can bring. This fun-filled, practical, interactive session draws from Native American teachings, stress management techniques and life.

Cost: \$10

Fri., Sept. 21 12:15 p.m. – 12:45 p.m.



Basketball in Soar

Weight Management Informational Sessions

Instructor: Sherlyn Hogenson

HGB Wellness Center offers several weight management program options that can help achieve your personal goals. Learn more at these information sessions. *Pre-registration required*; call 517-541-5839.

Cost: Free

Tues.	6:30 p.m.
At McLaren Greater Lansing	
Wed.	6:30 p.m.
At Eaton Rapids Medical Center	
Thurs.	7:15 p.m.
At ALIVE	

Women's Health Seminar

Instructor: Karla Dettling PT, MSPT, Kelli Heyink PT, DPT, Karen Litos PT, MPT

The first hour of this two-part presentation includes information for women who are pregnant and in pain, or postpartum and still having problems. The second hour includes pelvic pain, urinary incontinence and pain with intercourse. Come for one hour or both and learn how physical therapy can help you regain your health.

Cost: Free

Tues., Oct. 23	6 p.m. – 8 p.m.
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Women's Health Experience

This annual event focuses on five dimensions of health and well-being: Do, Eat, Think, Breathe and Support. Free activities include:

- Interactive learning opportunities
- Physician-guided conversations
- Tips on managing day-to-day life
- Demonstrations, including healthy cooking, group exercise and integrated medicine
- Exercise samplers
- Massage and spa services

Additional services for a fee include cholesterol screenings, bone density screenings, flu shots and chair massages.

Cost: Free

Sun., Oct. 14	1 p.m. – 4 p.m.
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A Women's Health Experience

Spa Services

To schedule spa appointments, call 517-541-5805.

Body Treatments

Revitalizing Body Treatment

This service begins with a light, dry brush to exfoliate and follows with a herbal masque applied to the whole body. You will be cocooned to allow for detoxification and finish with a customized moisture application that will leave your skin feeling revitalized and hydrated.

Cost: \$70

Jem

Salt Glow

This dual purpose treatment will start by exfoliating away dry, dull skin with sea salt and follow with a moisture-rich oil application to leave the skin silky, soft and glowing.

Cost: \$70

Jem

Vichy Shower

This water therapy treatment allows for complete relaxation as warm water massages your body and Vichy jets wash away stress. Skin will be exfoliated and muscles relaxed at the end of this amazing service!

Cost: \$85

Jem

Facials

ALIVE Corrective Facial Treatment

This ALIVE Signature Facial provides your skin with a customized treatment to address any concerns and provide an opportunity to

completely relax and rejuvenate.

Cost: \$45 – 30 minutes

\$65 – 60 minutes

\$85 – 90 minutes

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Massage Therapy

ALIVE Chair Massage

Cost: \$1/minute

Deep Tissue Massage

This massage is performed to target the deepest layers of muscle and connective tissue. Massage techniques focus on points of discomfort and release of tension in an approach customized to the individual's preferences. This technique may include myofascial release and or sports massage.

Cost: \$45 – 30 minutes

\$60 – 60 minutes

\$75 – 90 minutes

Hot Stone Massage

Muscle tension melts away with the use of hot stones throughout the massage. Used in conjunction with any of the other massage techniques. Warmed stones are placed on areas of the body and used as massage tools.

Cost: \$75 – 60 minutes

\$90 – 90 minutes

Pregnancy Massage

Relief for expectant mothers in all stages of pregnancy. Our pillow system keeps you comfortable so you can relax and unwind while getting relief for tight sore muscles, excess swelling and stiff backs.

Cost: \$60 – 60 minutes

Swedish Massage

A relaxation standard. This traditional-style European body massage promotes relaxation, stimulates circulation and relieves tension.

Cost: \$45 – 30 minutes
\$60 – 60 minutes
\$75 – 90 minutes

Massage Add-ons

Reflexology

Treat feet and hands to the ancient art of relaxation. By manipulating pressure and energy points, the therapist can stimulate the entire body, improving energy flow and circulation while promoting relaxation. Includes aromatherapy lotions.

Cost: \$15 – 15 minutes

Waxing

Facial Waxing – \$12
Under Arm – \$25
Arm – \$40
Half Leg – \$35
Full Leg – \$50
Back or Chest – \$55
Bikini – \$30
Brazilian – \$65+
Specialty Wax – \$15+

Clinical Services

Acupuncture

Acupuncture is scientifically proven to reduce pain and treat a wide range of conditions. Treatments are provided by Seneca Storm, M.D. Call 517.541.5954 for more information.

Flu Vaccinations

Vaccinations are one of the best ways to prevent the flu. Stop by Journey Wednesdays in October to get a flu shot. (Insurance not accepted.)

Cost: \$22

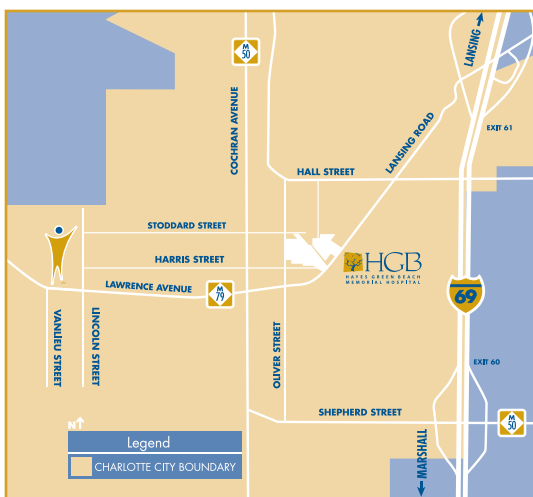
Wed., Oct. 3, 10, 17, 24, 31 6 a.m. - 2 a.m.

Mammography Spa

Make a date with your girlfriends, sisters, mother, aunts and cousins to schedule annual mammograms while enjoying a choice of relaxing spa services including: chair massage, brow and lip waxing, bone density test, make-up consultation, skin analysis with hands, facial and skin care samples. You will be pampered with complimentary appetizers, beverages and other surprises. Call 517-541-5805 for more information and pricing options.

Jem members receive a 10% discount.





800 W. Lawrence Ave.

Charlotte, MI 48813

myalive.com

Main 517.541.5800

Fax 517.541.5810

