



MARCH 2021 PROGRAM GUIDE



March 1-April 3, 2021
www.myalive.com



Hours of Operation

ALIVE

Screening required for all entrants. All guests are encouraged to use the main entry. Masks must be worn in the building at all times.

Monday – Friday	5:30 a.m. – 8 p.m.
Saturday	7 a.m. – 3 p.m.
Sunday	9 a.m. – 3 p.m.

GROW

GROW is available at a limited capacity, for children potty-trained through 12 years of age. 55-minute sessions are available for \$1 per child (pre-registration required, limit 10 children per time session) at times listed below. Sign up your child(ren) using the MyAlive mobile app or by calling (517) 541-5803. Masks must be worn by children 5+ years of age while indoors. See page 26 for more information.

Monday – Friday	9 a.m. – 9:55 a.m. 4:35 p.m. – 5:30 p.m. 5:40 p.m. – 6:35 p.m.
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NOURISH by The Big Salad

Screening required for all entrants. Includes dine-in (limited capacity), carry-out and curbside pick-up. Guests may call (517) 541-5815 upon arrival and their order will be delivered to their vehicle.

Monday – Friday	10 a.m. – 3 p.m.
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Holidays

In the coming months, ALIVE will be closed in observance of Easter (Sunday, April 4), Memorial Day (Monday, May 31), Independence Day (Sunday, July 4) and Labor Day (Monday, September 6).

Directory

ALIVE – Main	541-5800
ALIVE – Fax	541-5810
Class Registration	541-5800, opt. 7
General Information	541-5800, opt. 6
ALIVE Clinical Services	541-5800, opt. 2
FUSE (Spa Services)	541-5886
GATHER (Event Planning)	541-5811
GROW (Childcare)	541-5803
MOVE (Fitness Center)	543-9575
NOURISH by The Big Salad (Café)	541-5815

Susan Allen 541-5812
ALIVE Operations Manager
susan.allen@sparrow.org

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Director of Health and Wellness Services
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Manager of Development & Experience
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ALIVE Policies

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

- NOURISH by The Big Salad is available to accommodate food and beverage needs. Please refrain from bringing outside food into the building.
- Complimentary lockers and coat hooks to store belongings are available in STOW located just inside the main entrance.
- Please refrain from bringing bags and jackets into classes. ALIVE is not responsible for lost or stolen items.
- 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.
- For classes requiring reservation of equipment your reserved spot may be given to the next participant in line 10 minutes past the scheduled class start time.
- Children under the age of 13 must be supervised by an adult unless enrolled in a facilitated program. (Drop-in activities in SOAR, including rock climbing, are not facilitated.)
- Shirts and appropriate footwear are required in all public areas of ALIVE.
- Please return all recreation items to their original location after use. Basketballs and other recreational equipment are available for check-out in MOVE.
- The ALIVE campus is a tobacco, marijuana and weapons free facility.

Safety & Sanitation Guidelines

The following guidelines are in place to help everyone enjoy a safe, exceptional experience at ALIVE:

- All building entrants must be screened (includes temperature check). Please allow for possible wait times.
- Masks must be worn at all times when in the building, as well as outside when not social distancing. The only exceptions are when showering or eating at NOURISH by The Big Salad
- Social distancing will be enforced. A minimum of 6' from others outside of your household is requested.
- Time has been set between most programs to allow for transition time and cleaning.
- Sanitation stations will be available at all programs, both indoors and outdoors.
- Capacity limitations have been established for all programs to allow for adequate social distancing and safety.
- If you have experienced any of the following symptoms within the 24 hours prior to a program (or been in contact with someone positive for COVID-19) please refrain from attending: *temperature of 100.0 degrees or higher, cough, shortness of breath or chest tightness, sore throat, nasal congestion/runny nose, myalgia (body aches), loss of taste and/ or smell, diarrhea, nausea, vomiting, fever/chills/ sweats, rash.*

Find us on social media for the latest updates on programs and events.



Registration

Pre-registration is required for all programming. Register early to ensure a spot – classes fill quickly. Pricing is listed in class descriptions.

Three convenient registration methods:

- Log in to myalive.com
- Using the MyAlive mobile app
- Call (517) 541-5800, opt. 7, unless a different phone number is listed

Community L!NK benefits:

- \$2 off range balls at Maple Brook Golf Club
- 10% off tea or coffee at Evelyn Bay
- 10% off one monthly purchase at The Hen House
- 10% off purchases of active footwear at Charlotte Shoe Repair
- 10% off purchases of activewear at Reflections Boutique
- 50% off studio fee at My Creative Escape

Refunds

To ensure quality instruction and adequate space, enrollment in most programs 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 48 hours prior to the start of a program to receive a refund. There are no refunds or rebates for classes missed due to illness, travel or other reasons.



EXPLORE (indoor)

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Special Events

MARCH: ABSORB

- Mar. 1 Injury Assessments Begin Pg. 25
- Mar. 4 Gift of Heart Pg. 22
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- Mar. 20 Coffee & Canvas: Think Spring Pg. 24
Parents' Great Escape: St. Patty's Day Fun Pg. 27
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Weekly Schedule

Mondays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–7 a.m.	Indoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Kettlebell Circuit*
9 a.m.–9:55 a.m.	Yoga: Basic*
9 a.m.–10 a.m.	CrossFit
10:10 a.m.–10:55 p.m.	Tabata*
10:30 a.m.–12 p.m.	Pickleball
12 p.m.–1 p.m.	Basketball: Adult Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Tabata*
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–8 p.m.	Indoor Walking
6:30 p.m.–7:25 p.m.	Yoga: Basic (Virtual)

Tuesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–7 a.m.	Indoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt*
9 a.m.–9:45 a.m.	Sculpt & Stability*
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:50 a.m.	Zumba
11 a.m.–11:45 a.m.	Boxing for Health
12:10 p.m.–12:40 p.m.	30-Minute Blast
12 p.m.–1 p.m.	Basketball: Open Shoot
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Group Cycling: Spin & Sculpt
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:30 p.m.	Barre None*
6 p.m.–8 p.m.	Indoor Walking

Wednesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–7 a.m.	Indoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Kettlebell Circuit*
9 a.m.–10 a.m.	CrossFit
9 a.m.–9:30 a.m.	Deep Stretch*
9:35 a.m.–10:20 a.m.	Fun Fitness*
10:30 a.m.–12 p.m.	Pickleball
4:30 p.m.–5:30 p.m.	CrossFit
5:30 p.m.–6:20 p.m.	Zumba*
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–7:15 p.m.	TOPS
6:30 p.m.–7:25 p.m.	Yoga: Basic (Virtual)
6 p.m.–8 p.m.	Indoor Walking

Thursdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–7 a.m.	Indoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (Virtual)
9 a.m.–9:55 a.m.	Yoga: Basic*
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:50 a.m.	Zumba*
12:10 p.m.–12:40 p.m.	30-Minute Blast
12 p.m.–1 p.m.	Basketball: Open Shoot
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Group Cycling: Spin & Sculpt (Virtual)
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:30 p.m.	Step & Sculpt*
6 p.m.–8 p.m.	Indoor Walking

* = class will be both in-person in ENERGIZE as well as live-streamed through virtual membership

Fridays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–7 a.m.	Indoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
9 a.m.–9:45 a.m.	Sculpt & Stability*
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:30 a.m.	Deep Stretch*
12 p.m.–1 p.m.	Basketball: Adult Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–8 p.m.	Indoor Walking

Saturdays

Dawn–Dusk	Outdoor Walking
7 a.m.–3 p.m.	Indoor Walking
8 a.m.–8:50 a.m.	PiYo*
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:55 a.m.	Yoga: Basic*
11:10 a.m.–11:55 a.m.	Barre None*
12 p.m.–3 p.m.	Basketball: All Ages Drop-In

Sundays

Dawn–Dusk	Outdoor Walking
9 a.m.–3 p.m.	Indoor Walking
9:30 a.m.–10:15 a.m.	Bootcamp
12 p.m.–1 p.m.	Basketball: Open Shoot

* = class will be both in-person in ENERGIZE as well as live-streamed through virtual membership



ALIVE at sunset

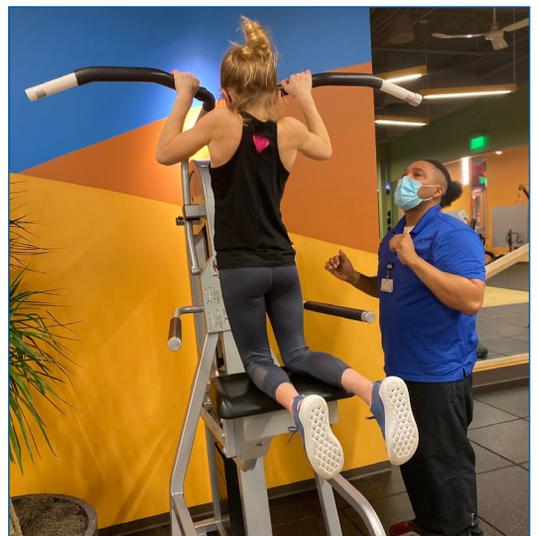
Register online at
www.myalive.com
or by using the ALIVE
mobile app.



*(Search "myalive" with iPhone
search "my alive" with Android.)*

Call (517) 541-5800, opt. 7, to register or
to create an account.

NOTE: Children ages 9-12 years old who
have completed Little Lifters orientation
are permitted to exercise in MOVE or participate in
group exercise classes under parental supervision.



Little Lifters Orientation



The following outlines some key regulations that we must abide by in order to stay open safely. For a complete listing, please visit myalive.com.

25% Capacity: We are required to limit the number of individuals in the facility to 25% of our capacity. The indoor walking path (EXPLORE) will be open at limited times. Indoor recreation activities will be limited.

Check our capacity with up-to-the-second information:

myalive.clubautomation.com/capacity-status

Screening: Everyone entering the building will be screened for COVID-19 symptoms, including a temperature check. Individuals that do not pass the screening will not be permitted in the building, so please stay home if you feel ill, are displaying any symptoms or have come in contact with someone who has COVID-19.

Masks: Masks must be worn at *all* times in the facility, except when showering in INDULGE. Please be mindful of your exercise intensity, as masks can make it more difficult to breathe and you may need to take breaks to stay safe.

Physical distancing: All members will need to remain 6' (or greater) away from others that are not from the same household. Some pieces of equipment have been removed; because of this, time limits may be enforced to allow all individuals to use the equipment.

Sanitation: Staff will be deep-cleaning throughout the day, but we ask that members continue to wipe down their equipment after use with sanitation wipes provided.

DO

Skill Levels:

B	=	Beginner
I	=	Intermediate
A	=	Advanced

30-Minute Blast (I, A)

Only a half-hour to workout? No problem. Cardio and strength exercises are combined to work a lot of muscles and raise your heart rate in a short amount of time in this energizing workout.

Cost: \$5/class

MOVE Member: FREE

Tues. 12:10 p.m. – 12:40 p.m.

Thurs. 12:10 p.m. – 12:40 p.m.

Basketball: Adult Drop-In

Access to full basketball court to organize a pick-up game. Ages 18 and up. 

Cost: \$4/drop-in

MOVE Member: FREE

Mon. 12 p.m. – 1 p.m.

Fri. 12 p.m. – 1 p.m.

Basketball: All Ages Drop-In

Access to full basketball court to organize a pick-up game. Ages 6 and up. 

Cost: \$4/drop-in

MOVE Member: FREE

Sat. 12 p.m. – 3 p.m.*

*Cancelled Saturday, March 13 due to Community CPR

Basketball: Teen Drop-In



Access to full basketball court to organize a pick-up game. Ages 13-17.

Cost: \$4/drop-in
MOVE Member: FREE

Mon.	3 p.m. – 4:30 p.m.
Fri.	3 p.m. – 4:30 p.m.

Basketball: Open Shoot



Court is divided up for shooting only, and individual skill development. No pick-up games. Ages 6 and up.

Cost: FREE
MOVE Member: FREE

Tues.	12 p.m. – 1 p.m.
Thurs.	12 p.m. – 1 p.m.
Sun.	12 p.m. – 1 p.m.

Barre None (B, I, A)

Inspired by ballet, Pilates and yoga disciplines. Standing and floor exercises for muscle strength, flexibility, balance and agility. Explore Barre training without a bar.

Cost: \$5/class
MOVE Member: FREE

Tues.	5:45 p.m. – 6:30 p.m.
Sat.	11:10 a.m. – 11:55 a.m.

Bootcamp (I, A)

Compound military-style exercises geared toward building strength, power and speed.

Cost: \$5/class
MOVE Member: FREE

Sun.	9:30 a.m. – 10:15 a.m.
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Boxing for Health (B, I)

Utilize specific boxing techniques and exercises designed to combat symptoms for individuals battling Parkinson's and other neurological conditions. New participants will receive an initial orientation prior to beginning the class. Call MOVE at 517.543.9575 to schedule your orientation.

Cost: \$5/class
MOVE Member: \$3/class

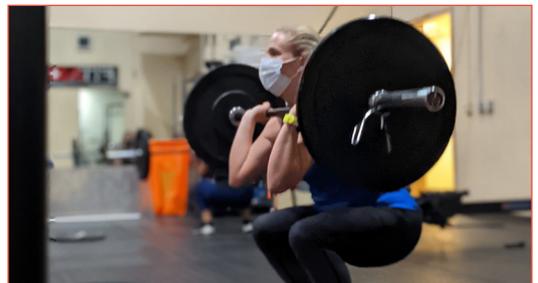
Tues.	11 a.m. – 11:45 p.m.
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CrossFit (I, A)

Upgrade your MOVE membership to include CrossFit. CrossFit Fade, located at ALIVE, combines strength training, plyometrics, speed-training, Olympic and power lifting, kettlebells and more. Workouts tailored for all fitness levels.

CrossFit upgrade (single): \$59/month
CrossFit upgrade (couple): \$99/month
Drop-in: \$15/class

Mon. – Fri.	5:45 a.m. – 6:45 a.m. 9 a.m. – 10 a.m. 4:30 p.m. – 5:30 p.m. 5:30 p.m. – 6:30 p.m.
Sat.	9 a.m. – 10 a.m.



CrossFit in SPARK

Fun Fitness (B)

Staying fit doesn't have to be an uphill battle. Improve cardiovascular endurance, strength, balance and flexibility. Ideal for those just beginning exercise.

Cost: \$5/class

MOVE Member: FREE

Wed. 9:35 a.m. – 10:20 a.m.

Group Cycling (B, I, A)

The instructor takes you on a ride through various intensities. A great way to improve fitness levels. *This class requires pre-registration; limited capacity of 14.*

Cost: \$5/class

MOVE Member: FREE

Tues. 5:45 a.m. – 6:30 a.m.

Thurs. 5:45 a.m. – 6:30 a.m.

Group Cycling: Spin & Sculpt (B, I, A)

Group cycling with intervals of weight, resistance and body-weight exercises to complement cardio endurance. *This class requires pre-registration; limited capacity of 14.*

Cost: \$5/class

MOVE Member: FREE

Tues. 8 a.m. – 8:45 a.m.
4:45 p.m. – 5:30 p.m.

Thurs. 8 a.m. – 8:45 a.m. (Virtual)
4:45 p.m. – 5:30 p.m. (Virtual)



Group Cycling: Spin & Sculpt in ENERGIZE

Indoor Walking

Beat the winter blues! Feel alive while walking along EXPLORE, indoors. Nine laps per mile on the indoor walking path. Limited capacities will be enforced. Check-in and check-out is required.

Cost: FREE

Mon. – Fri. 5:30 a.m. – 7 a.m.
6 p.m. – 8 p.m.

Sat. 7 a.m. – 3 p.m.

Sun. 9 a.m. – 3 p.m.

Kettlebell Circuit (I, A)

Join this fun yet challenging workout that demonstrates the effectiveness and agility of circuit-based workouts with the kettlebell. Take your strength, endurance and flexibility to the next level.

Cost: \$5/class

MOVE Member: FREE

Mon. 8 a.m. – 8:45 a.m.

Wed 8 a.m. – 8:45 a.m.

Outdoor Walking

Bring a friend and feel alive while walking along EXPLORE, outdoors. Always open dawn until dusk. Includes 1/5-mile outdoor walking path and trail in PRESERVE.

Cost: FREE



EXPLORE (outdoor)

Pickleball (B)



Challenge a friend to this fun game that appeals to all ages. Access to the full pickleball court to organize a game. Rules and instructions available. Ages 6 and up.

Cost: \$4/drop-in
MOVE Member: FREE

Mon.	10:30 a.m. – 12 p.m.
Tues.	1 p.m. – 2:45 p.m.
Wed.	10:30 a.m. – 12 p.m.
Thurs.	1 p.m. – 2:45 p.m.

Sculpt & Stability (B, I, A)



Join this low cardio, mask-friendly, challenging workout that will improve balance and stability, muscle endurance, joint mobility and flexibility.

Cost: \$5/class
MOVE Member: FREE

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

Step & Sculpt (B, I, A)

Improve cardiovascular endurance by engaging in full-body sculpting through this interval-based step workout.

Cost: \$5/class
MOVE Member: FREE

Thurs.	5:45 p.m. – 6:30 p.m.
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Tabata in ENERGIZE

Tabata (B, I, A)



High Intensity Interval Training (H.I.I.T.) consisting of timed intervals composed of exercising at maximum intensity in short bursts, followed by active rest. Delivers positive results, including improved aerobic and anaerobic endurance, muscular endurance and fat burning.

Cost: \$5/class
MOVE Member: FREE

Mon.	10:10 a.m. – 10:55 a.m. 4:45 p.m. – 5:30 p.m.
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Zumba (B, I)



A fusion of Latin and international music with dance creates a dynamic fitness system.

Cost: \$5/class
MOVE Member: FREE

Tues.	10 a.m.–10:50 a.m.
Wed.	5:30 p.m.–6:20 p.m.
Thurs.	10 a.m.–10:50 a.m.



MOVE members in PULSE

BREATHE

Deep Stretch (B, I)

Flexibility is a key element to creating a strong, healthy body and loosening muscle groups. Participants are encouraged to warm up muscles before class.

Cost: \$5/class

MOVE Member: FREE

Wed. 9 a.m. – 9:30 a.m.

Fri. 10 a.m. – 10:30 a.m.

PiYo (I, A)

A workout inspired by the mind-body practices of Pilates and yoga that also includes flexibility training, strength training, conditioning and dynamic movements.

Cost: \$5/class

MOVE Member: FREE

Sat. 8 a.m. – 8:50 a.m.

Yoga: Basic (B)

Improve balance, strength and flexibility. Learn gentle poses focusing on relaxation, healing and realigning the body.

Cost: \$5/class

MOVE Member: FREE

Mon. 9 a.m. – 9:55 a.m.

6:30 p.m. – 7:25 p.m. (Virtual)

Wed. 6:30 p.m. – 7:25 p.m. (Virtual)

Thurs. 9 a.m. – 9:55 a.m.

Sat. 10 a.m. – 10:55 a.m.

EAT

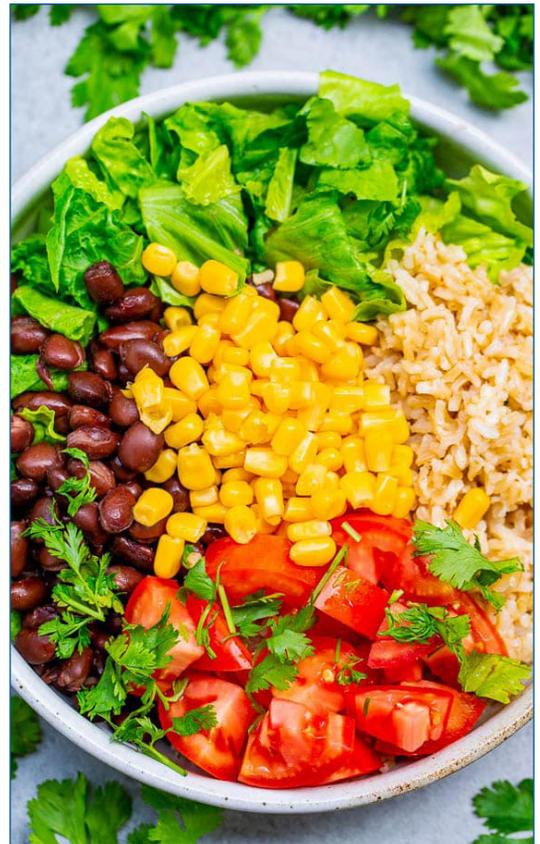
Burrito Bowl & Go

Instructor: Deb Dillon, MS, RDN

Watch one of our dietitians prepare a delectable lunch for you filled with flavor. Learn, and take notes, on all the tips and tricks to incorporate healthy carbs and proteins into your every-day meals. Enjoy your lunch during the demonstration or take to-go.

Cost: \$12

Wed., March 24 11:45 a.m. – 12:15 p.m.



Burrito Bowl & Go

SUPPORT

Diabetes Support Group

Assistance for all individuals with diabetes and their families. Healthcare professionals and speakers present topics ranging from new medications and treatments to healthy eating.

Cost: FREE

Thurs., March 25 1 p.m. – 2 p.m.

Gift of Heart

Offering support for parents of foster children or adopted children. *Free childcare provided.*

Cost: FREE

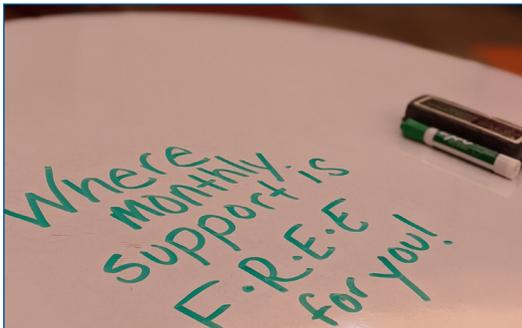
Thurs., March 4 6 p.m. – 8 p.m.

TOPS: Take Off Pounds Sensibly

Leader: Rebecca Malerba

This weight-loss support and wellness education organization started in 1948. Learn sensible nutrition, receive ongoing support and experience gradual change. Visit www.tops.org for information on pricing & promotions or call (517) 410-0482.

Wed. 5:30 p.m. – 7:15 p.m.



Support Group meeting space in GATHER

THINK

WORKSHOPS

Participate and engage in the fun with interactive programs aimed at educating, creating and inspiring.

Build a Birdhouse

Instructor: Chris Allen

Welcome Michigan's feathered friends to your backyard this spring as you create a great place for them to reside. Bird-watchers or nature-lovers construct their very own wooden birdhouse. From wood-working safety to painting the finishing touches, all instruction and materials are provided in this indoor event. *Ages 8 and up are welcome (ages 8 to 12 require parent/guardian in attendance).*

Cost: \$20

Sat., March 27 9:30 a.m. – 11 a.m.



Build a Birdhouse

Coffee & Canvas: Think Spring

Instructors: Carrie Mason & Emily VanDorpe

Channel your inner Picasso in this instructor-led painting class that takes you step-by-step how to create your own, one-of-a-kind masterpiece (pictured below). Enjoy a coffee and light breakfast bar during your creative morning, included in your program cost courtesy of NOURISH by The Big Salad. *All materials provided.*

Cost: \$35

Sat., March 20

9 a.m. – 11 a.m.



Coffee & Canvas: Think Spring

Community CPR

Instructor: Eaton Area EMS

Full American Heart Association Heartsaver CPR certification course for the lay person. Includes infant, child, adult CPR and AED. Limited to 14 participants.

Cost: \$40

Sat., March 13 8:30 a.m. – 12:30 p.m.

Injury Assessments

Instructor: ALIVE Clinical Staff

Beginning in March, if you are experiencing a nagging injury like sore feet, knees or back, join us for a free consult with a health professional, such as a physical therapist to discuss the problem. *Call to schedule this by-appointment, on-demand program at a time that's convenient for you at 517.541.5800 opt. 2.*

Cost: FREE



Community CPR

GROW

Children's Enrichment

Parents, drop the kids off for themed activity time centering around Dr. Seuss and reading month; no open-play as the tree-house remains closed. Limited capacity for children fully potty-trained through 12 years of age. *Pre-register your child(ren) using the MyAlive mobile app or by calling (517) 541-5803; limit 10 children.*

Cost: \$1/child per session

Mon.	ART 9 a.m.–9:55 a.m. 4:35 p.m.–5:30 p.m. 5:40 p.m.–6:35 p.m.
Tues.	READING 9 a.m.–9:55 a.m. 4:35 p.m.–5:30 p.m. 5:40 p.m.–6:35 p.m.
Wed.	SENSORY & IMAGINATION 9 a.m.–9:55 a.m. 4:35 p.m.–5:30 p.m. 5:40 p.m.–6:35 p.m.
Thurs.	BUILDING & COLOR-SORTING 9 a.m.–9:55 a.m. 4:35 p.m.–5:30 p.m. 5:40 p.m.–6:35 p.m.
Fri.	FITNESS 9 a.m.–9:55 a.m. 4:35 p.m.–5:30 p.m. 5:40 p.m.–6:35 p.m.

Parents' Great Escape

Parents, drop the kids off for some fun at ALIVE while you take the evening to relax or go out. Ages 3-12 (young children must be fully potty-trained). Supervised activities include: scavenger hunt (to find the pot of gold), gold coin toss, pin-the-clover-on-the-leprechaun, a rainbow relay and chances to win prizes! Pizza dinner and green leprechaun juice provided. We encourage all who come to wear their GREEN! *Pre-registration is required by the Wednesday prior to the event; limit 20 children.*

March 20: St. Patty's Day Fun

Cost: \$18 first child

\$12 per add'l child (same household)

GROW Member: \$16.50 first child

\$11 per add'l child (same household)

Sat., March 20

5 p.m. – 9 p.m.



Parents' Great Escape: St. Patty's Day Fun

Sparrow Eaton Hospital (SEH) Service Directory

SEH – Main	543-1050
Ambulance Services	911 or 541-5912
Anticoagulation Clinic	541-5861
Breast Care Center	541-5805
Cardio/Pulmonary Rehab	543-1050, ext. 52469
Diabetes Program	543-1050, ext. 52390
Emergency Department	911 or 543-9508
Endoscopy Station	543-9501
Food and Nutrition	541-5909
Heart Station	541-5840
Human Resources	543-9502
Infusion	541-5955
Laboratory	543-9505
Medical Records	543-1050, ext. 52307
Medical and Surgical Unit	543-1050, ext. 52605
Patient Financial Services	543-1050, ext. 52740
Respiratory Services	541-5948
Sleep Station	541-5845
Surgery	543-1050, ext. 52415
Urgent Care	541-5935

For more information about SEH services,
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