



Your Community Well-Being Place

# SERVICE GUIDE





## ABOUT US

AL!VE, an experience-based destination health park, provides inspiration and support for members of the Greater Charlotte and mid-Michigan communities to transform, empower and enhance their personal well-being.

AL!VE is the result of our local hospital's mission to provide quality care for patients and enhance the vitality of the community. AL!VE entices the imagination to explore new health opportunities and passions that call us to become all we can be.

## CONTACT INFORMATION

Phone: 517.541.5800 | Website: [myalive.com](http://myalive.com) | Connect on social:



## AL!VE SERVICES

AL!VE is an integrated array of health and well-being experiences. As it states in our Community Declaration: *We are a gateway. We realize that there are many paths into AL!VE and many paths out from it. And each of them must be as unique as the person who travels it. So we will personalize everything through the questions we ask, and experiences we guide, for we know that being fully alive is something that must be drawn out, not something we can ever pound in.*

The services, programs and spaces at AL!VE can help inspire you to experience new adventures and achievements. There are free, fee-based and membership opportunities to assist you with accomplishing goals.

## AL!VE SPACES

- **BRIDGE**, cardiac and pulmonary rehabilitation services
- **EMPOWER**, rehabilitation services
- **EXPLORE**, indoor and outdoor walking paths
- **FUSE**, spa services, dietetics, occupational therapy and ONMM
- **GATHER**, conference and meeting space
- **GROW**, children's recreational and enrichment area
- **MOVE**, fitness center
- **NOURISH** by The Big Salad, healthy eating café
- **RELISH**, cooking demonstration kitchen

## DEVELOPMENT

Growing evidence shows the act of being generous can contribute to health and well-being. You can participate in many ways at AL!VE, from the giving of time (as a volunteer or to help with community projects) or giving of talents (contributing expertise as a performer, committee member or instructor) or giving monetary support (by joining a giving club, remembering someone with a memorial or making a one-time gift). **For more about making a difference, call us at 517.543.1050, ext. 15880, or email [dana.pray@sparrow.org](mailto:dana.pray@sparrow.org).**





## CLINICAL THERAPY SERVICES

Call 517.541.5800, opt. 2, to schedule an appointment. Cost is covered by most insurance plans and may require a physician referral.

### AQUATIC THERAPY

In collaboration with the Charlotte Aquatic Center our therapists assist patients using this form of rehabilitation in the water. Aquatic therapy utilizes the physical properties of water in order to assist in rehabilitation. This type of therapy can help some patients perform exercises more comfortably and safely than they would be able to do on land.

### DIABETES SELF-MANAGEMENT EDUCATION PROGRAM (DSME)

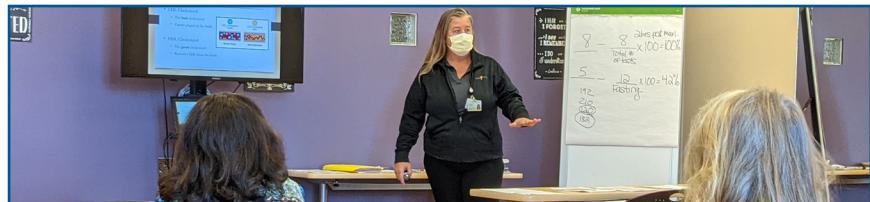
If you have diabetes, you know how challenging it can be to manage your disease. Let us help you develop a plan to stay healthy and give you the tools and ongoing support needed to make that plan a regular part of your life. Dietitian and nurse educators will cover topics such as meal planning, carb counting, monitoring blood glucose, exercise, controlling risk factors, and more. Monthly support groups offer another avenue for education and family involvement. Individual and group classes are available. For your convenience, classes are held during the day and evening.

### ImPACT (Immediate Post-Concussion and Cognitive Testing)

This widely used, scientifically validated and computerized concussion evaluation system gives healthcare providers the tools to compare the cognitive status of a student athlete before and after sustaining concussion symptoms.

### INTENSIVE CARDIAC REHABILITATION (ICR)

We are the only Pritikin-Certified Intensive Cardiac Rehabilitation provider in mid-Michigan. The evidence-based program is proven to increase recovery rates and reduce LDL cholesterol, triglycerides, blood pressure and BMI for patients following a heart attack, angioplasty, valve surgery, stent placement, coronary artery bypass grafting (CABG), heart transplant, congestive heart failure or anyone suffering from chronic stable angina. The program meets three times per week for 12 weeks, and combines monitored exercise with lifestyle education, including cooking classes, workshops and educational videos. Call 517.541.5813 to schedule.



### LSVT BIG

Research-based exercise approach developed from principals designed to train individuals with conditions like Parkinson's Disease to routinely use bigger movements. The intent is to empower patients to move to their full potential in order to keep moving and stay active.

### LSVT LOUD

A research-based speech treatment for individuals with Parkinson's Disease and other neurological conditions that focuses on improving vocal loudness helping patients to maintain or improve oral communication. It can be administered during nearly any stage of Parkinson's because communication deficits can occur at different times during the disease process.

### LYMPHEDEMA THERAPY

A certified lymphedema therapist treats conditions resulting in chronic swelling due to the accumulation of fluids, including venous insufficiency, infections, circulatory disorders, scarring, mastectomy and lymph node removal. Treatment may include manual drainage, compression pump, bandaging and garments, and skin care.

### MEDICAL NUTRITION THERAPY (MNT)

Individuals with a variety of conditions and illnesses can improve their health and quality of life by receiving medical nutrition therapy, an essential component of comprehensive health care. Registered dietitians council clients on behavioral and lifestyle changes to help clients reach their health goals.

Call 517.543.1050, ext. 52390, for questions or information.

### OCCUPATIONAL THERAPY

Occupational therapists (OTs) assist patients in regaining, building and developing the skills needed for maximum independence. OTs treat a variety of medical diagnoses related to the upper extremities. Certified hand therapists are also on staff for hand traumas and customized splinting.

### OSTEOPATHIC NEUROMUSCULOSKELETAL MEDICINE (ONMM)

Osteopathic Neuromusculoskeletal Medicine (ONMM) is a hands-on approach to align and restore the body's natural ability to move. ONMM consists of a variety of gentle techniques applied to soft tissues, muscles, joints and their related structures. The goal of ONMM is to diagnose, treat and prevent further injury or illness.

Call 517.541.5886 to schedule.



## CLINICAL THERAPY SERVICES (continued)

### PHYSICAL THERAPY

Physical therapy staff treat all types of injuries with services to help patients rebuild strength and function. These services include aquatic therapy, manual therapy, neurological and orthopedic surgery rehabilitation, sports injuries, women's health, vestibular and much more.

### POST-COVID THERAPY

This rehabilitation treatment is for patients recovering from COVID-19, to assist with the physical challenges that may result from the coronavirus. Physical complications often include muscle/strength deficiency, balance, pain, endurance and walking ability. Our clinicians are here to help regain function and independence, following proactive research and preparation for how to best assist patients after COVID-19.

### PROFESSIONAL CONTINUOUS GLUCOSE MONITORING (CGM)

Continuous Glucose Monitoring (CGM) can help patients and their providers identify glucose trends, make informed treatment decisions, reduce the risk of hypoglycemia and improve short-term and long-term outcomes for the person with diabetes. Patients will be provided with a CGM to wear during a 10-day trial at which time a registered dietitian nutritionist (RDN) will work closely with the patient to help identify glucose trends. A CGM interpretation visit with the patient's provider will be scheduled at the completion of the trial to discuss the results and any necessary changes to be made to the treatment plan.

### PULMONARY REHABILITATION

Pulmonary rehabilitation is designed to help improve the function and well-being of individuals who suffer from Chronic Obstructive Pulmonary Disease (COPD), Idiopathic Pulmonary Fibrosis (IPF) or Cystic Fibrosis. The program meets multiple times per week for up to 12 weeks, and consists of regular monitored exercise, nutritional counseling, breathing strategies and group support.

**Call 517.541.5813 to schedule.**



### REHABILITATION FOR VESTIBULAR DISORDERS

More than one-third of adults in the United States ages 40 and older have experienced some sort of vestibular dysfunction (ex. Vertigo and other balance disorders). If you are experiencing some kind of vestibular disorder, our professionally trained Physical Therapy staff will work with you to retrain your vestibular system in order to regulate feelings of stability and balance.

### SPEECH THERAPY

A speech language pathologist evaluates and treats deficits involving speech and language, cognitive-linguistic functions, memory and swallowing. Services also address autism evaluation and therapy, cognitive-linguistic functions related to head and brain trauma, and strokes.

### URINARY INCONTINENCE & PELVIC FLOOR DYSFUNCTION

An evaluation is performed by a physical therapist and an individualized treatment plan is developed, which may include biofeedback, to help overcome barriers associated with pelvic floor dysfunction and urinary incontinence. *This service is only offered as a component of women's health.*

### VISION THERAPY

A therapist will utilize the BITS (Bioness Integrated Therapy System), which is a piece of equipment used to evaluate and train visual, cognitive and motor function across all ages, stages and conditions including peripheral impairment, reaction-time delays, hand-eye coordination challenges, poor balance and other visual awareness struggles. Services address underlying visual, cognitive and motor deficits.





## EVENT & PARTY PLANNING

### GATHER

Unique spaces are available at AL!VE to rent for business meetings, family celebrations, parties and community events. We offer several CELEBRATE! packages for personal celebrations including showers, graduations, field trips, youth parties and more. Additionally we offer several RETREAT packages for corporate retreats, business functions, meeting space and more. We also offer the opportunity to customize any gathering (i.e. cooking demonstrations, rock wall climbing, team building exercises, fitness and nutrition sessions, etc). Pricing for both packages and room rentals can be found at [myalive.com/places/gather](http://myalive.com/places/gather). Whatever your desire, our AL!VE Events Manager will help design a one-of-a-kind, memorable event. Call 517.541.5811 for more information, date availability and rates.

### CATERING SERVICES

Love the food in NOURISH by The Big Salad? They are available to cater your next AL!VE event. You can see their menu at [www.thebigsalad.net/catering](http://www.thebigsalad.net/catering). All catering, including beverages, must be ordered through AL!VE's Events Manager. Call 517.541.5811 to ask about our catering options and pricing.



## HEALTH & WELLNESS SERVICES

Our fitness center, MOVE, has the team, programming, services and equipment to meet your individual needs. Whether you are new to exercise or an experienced athlete, our degreed staff and certified trainers can help you reach your goals. Uniquely designed to eliminate the barriers to physical activity and fitness, we invite you to join people of all shapes, sizes and ages taking charge of their health and getting results.

**Call 517.543.9575 for more information or to schedule an appointment, unless a separate number is listed.**

### BALANCE ASSESSMENT

A state-of-the-art BIODEX Biosway machine assesses the three main sensory systems that affect balance, somatory (muscle receptors), vestibular (inner ear) and vision.

**Cost: \$40 | MOVE Member: \$25**

### BODY COMPOSITION ASSESSMENT

A state-of-the-art, bio-electrical impedance body composition analyzer accurately measures body fat, body fat percentage, muscle mass, muscle distribution and basal metabolic rate. Please fast for two hours prior to the test to ensure accurate results.

**Cost: \$25 | MOVE Member: \$15**

### CARDIOVASCULAR ASSESSMENT

A sub-max protocol tracks cardiovascular responses at various levels of intensity to estimate maximum cardiovascular output (VO2 Max).

**Cost: \$40 | MOVE Member: \$25**

### CUSTOMIZED GROUP EXERCISE CLASS

Pick the type of class you want, the time you want to have it and the participants you want to attend (maximum of 16).

**Cost: \$60 per 60-minute class**

### GROUP TRAINING

Designed for groups of three or more with similar fitness goals such as weight loss, strength, endurance or sport-specific training. Workouts are designed based on the specific objectives of the group and tailored to fit individual needs.

**Cost: \$15/person for 30-minute session | \$20/person for 60-minute session**

### HEALTH MANAGEMENT

This service utilizes small group exercise sessions to help individuals manage chronic disease and/or assist with the improvement of their overall health. Personalized programs are developed for each individual which are monitored and progressed by one of our degreed wellness instructors. Groups meet twice per week for 60-minutes each time.

**Cost: \$50 per month | MOVE Member: \$30 per month**



## LOCKER RENTAL / LAUNDRY SERVICE (MOVE MEMBERS ONLY)

Rent a locker in INDULGE and access clothes and personal items at your convenience. And to make it even easier, upgrade to laundry service and your clothes will be cleaned and ready to go within 24 hours.

**Monthly locker rental: \$15 | Monthly laundry service: \$10**

## NUTRITIONAL ANALYSIS

Submit a three-day food log and a registered dietitian will explain how to eat properly for body composition and performance goals. Evaluation is evidence-based and tailored to the individual. Call 517.543.1050, ext. 52390 for information.

**Cost: \$30 | MOVE Member: \$25**

## PERSONAL TRAINING

One of MOVE's nationally certified personal trainers will work with you to design a workout or training program based on specific goals, training status and ability level. Begin by stopping by ENCOUNTER in MOVE to pick up a personal training questionnaire.

**Cost: \$45 - 30 min. | \$60 - 60 min.**

**MOVE Member: \$35 - 30 min. | \$50 - 60 min.**

## ROCK CLIMBING

ASCEND, the rock wall in SOAR, is available to rent for team building and recreational challenges. All ages are welcome; a signed waiver must be on file. Minimum weight requirement is 45 lbs. Call 517.541.5803 to schedule.

**Cost: \$35/hour**

## SOAR RENTAL

SOAR, the multi-purpose gym, is available to rent for basketball, volleyball, dodgeball, pickleball or other recreational activities during unscheduled times. Must arrange in advance.

**Cost: \$75/hour (full hour increments only)**

## THERAPEUTIC STRETCHING

A customizable session including trigger point, PNF stretching techniques, and myofascial release to help clients manage pain, increase range of motion, enhance athletic performance and increase overall quality of life. Sessions are done on a massage table using rollers, trigger point balls and manual stretching. Wear loose fitting clothing.

**Cost: \$20 - 15 min. | \$35 - 30 min.**

**MOVE Member: \$15 - 15 min. | \$30 - 30 min.**



## FUSE SPA

Our spa features certified estheticians and massage therapists, who work together to create an unforgettable experience for guests that leave them refreshed and rejuvenated. FUSE combines traditional relaxing day spa services with more advanced, results-driven skin care services to create custom experiences based on guest needs.

You will unwind the moment you step into our relaxing waiting area, sit by the fire and enjoy the music prior to your appointment. Services are provided in comfortable, private rooms that allow staff to provide one-on-one customized care.

**To schedule appointments in FUSE, call 517.541.5886. We kindly ask for 24-hour notice for any cancellation.**

## CUSTOM EXPERIENCES

### SPA PARTIES

FUSE staff can create a customized, unforgettable spa experience on any budget for a group of three or more people. Guests choose from a variety of services to produce a one-of-a-kind spa party for any occasion. Refreshments are provided courtesy of NOURISH by The Big Salad.

## SKIN CARE TREATMENTS

### AL!VE CORRECTIVE FACIAL

This AL!VE signature facial provides your skin a customized treatment. This is an opportunity to completely relax and rejuvenate.

**Cost: \$45 - 30 min. | \$70 - 60 min. | \$95 - 90 min.**

**MOVE Member: \$40 - 30 min. | \$65 - 60 min. | \$85 - 90 min.**

### RADIANCE FACIAL TREATMENT

This facial helps to brighten an uneven skin tone by using active products designed to combat hyper-pigmentation.

**Cost: \$75 - 60 min. | MOVE Member: \$70 - 60 min.**

### REVITALIZING FACIAL TREATMENT

This facial helps to restore your skin from the signs of aging using a Rezenerate Skin pen combined with active products designed to stimulate and firm the skin.

**Cost: \$100 - 60 min. | \$120 - 90 min.**

**MOVE Member: \$95 - 60 min. | \$115 - 90 min.**



## MICRODERMABRASION

This minimally abrasive service is for those with fine lines, sun-damaged, dull skin, hyper-pigmentation, acne, enlarged pores and uneven skin texture. The particle-free technology delivers a safe, painless and highly effective exfoliation. For best results a series of six appointments are suggested.

**Cost:** \$100 single visit | MOVE Member: \$90 single visit

**Package of 6:** \$500 | MOVE Member: \$450

## CHEMICAL PEELS

First-time guests receive a thorough consultation and skin-preparation peel to determine the best course of action (a series of six peels will be developed to ensure optimum results). The fruit-enzyme based peels help address many skin challenges like acne, hyper-pigmentation and fine lines.

**Cost:** \$55 | MOVE Member: \$50

**Package of 6:** \$275 | MOVE Member: \$250

## BACK FACIAL

A facial for your often overlooked back skin. Great to treat back acne or get your back skin looking its best.

**Cost:** \$70 - 45 min. | MOVE Member: \$65 - 45 min.

## MEN'S FACIAL

A relaxing and cleansing spa treatment designed to rejuvenate the skin and counteract irritants from shaving and sports-related activities. A neck and shoulder massage are included to aid overall stress relief.

**Cost:** \$70 - 60 min. | MOVE Member: \$65 - 60 min.

## WAXING

ARM - \$40/35

HALF LEG - \$35/30

BACK OR CHEST - \$55/50

BIKINI - \$30/25

UNDER ARM - \$25/20

BRAZILIAN - \$65+/60

SPECIALTY WAX - \$15+/10+

FACIAL WAXING - \$12/10 PER AREA

FULL LEG - \$50/45

\*Pricing reflects normal cost/MOVE member cost

## MASSAGE THERAPY

### ALIVE CHAIR MASSAGE

**Cost:** \$1/minute (5 minute minimum)

### ALIVE MASSAGE

Relax and recharge with a customized experience that keeps your needs in mind. Techniques include deep tissue, cupping and Swedish massage; and focus on areas of tension. Pressure is based on customer preferences.

**Cost:** \$45 - 30 min. | \$65 - 60 min. | \$90 - 90 min.

**MOVE Member:** \$40 - 30 min. | \$60 - 60 min. | \$85 - 90 min.

### BAMBOO MASSAGE

Bamboo massage is a specialized technique that uses various pieces of warmed bamboo to perform a very deep tissue massage that is deeply relaxing.

**Cost:** \$90 - 90 min. | \$120 - 120 min.

**MOVE Member:** \$85 - 90 min. | \$115 - 120 min.

### GRASTON TECHNIQUE

Deep-tissue massage technique for treating muscular pain, muscular cramps and mobility using stainless steel instruments to break down scar tissue and reduce inflammation. This service, performed by rehabilitation staff, is effective in restoring restricted function caused by injuries and in pre-/post-surgical patients.

**Cost:** \$20 - 10 min. | \$35 - 20 min.

**MOVE Member:** \$18 - 10 min. | \$30 - 20 min.

### HOT STONE MASSAGE

Muscle tension melts away with the use of warmed stones, which are used as massage tools together with other massage techniques.

**Cost:** \$75 - 60 min. | \$90 - 90 min.

**MOVE Member:** \$70 - 60 min. | \$85 - 90 min.

### PREGNANCY MASSAGE

Relief for expectant mothers in all stages of pregnancy. The pillow system maintains comfort so you can relax and unwind while getting relief for tight sore muscles, excess swelling and a stiff back.

**Cost:** \$60 - 60 min. | MOVE Member: \$55 - 60 min.

### 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. This service includes aromatherapy lotions.

**Cost:** \$60 - 60 min. | MOVE Member: \$55 - 60 min.



## COSMETIC ENHANCEMENTS

### NOVALASH LASH EXTENSIONS

Extend the length and thickness of your natural lashes with this beautiful and convenient alternative to the daily use of mascara. Begin with an initial full set and maintain the look with a fill every 2-4 weeks (dependent on natural lash growth and proper care). Lash consultations available upon request.

#### Full Set (2 hours)

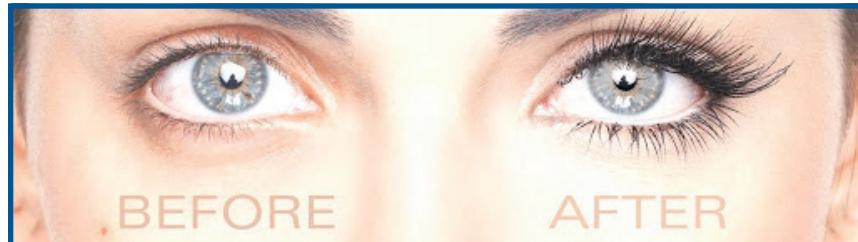
\$120 | MOVE Member: \$115

#### Fills

2 weeks: \$40 | MOVE Member: \$35

3 weeks: \$50 | MOVE Member: \$45

4 weeks: \$60 | MOVE Member: \$55



## HOLISTIC HEALTH SERVICES

### LABYRINTH

Labyrinths are thought to enhance right-brain activity. Walking through our labyrinth is a relaxing, oftentimes spiritual experience, which enables our guests to explore inner parts of themselves and practice a new form of centering.

Cost: FREE

### RAIN DROP THERAPY

A rejuvenating application of therapeutic essential oils dispensed on feet and along the spine to create a deeply relaxing experience.

Cost: \$125 - 90 min. | MOVE Member: \$115 - 90 min.

### SELF-GUIDED MEDITATION

Come use our room and iPod to experience this service for up to 60 minutes. Please bring headphones.

Cost: \$10 | MOVE Member: \$8





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