



# 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:** [www.mylive.com](http://www.mylive.com)

**Facebook:** [facebook.com/ExperienceALIVE](https://facebook.com/ExperienceALIVE)

**Twitter/Instagram:** @ALIVEisYOU

### 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).

\*Prices and services are subject to change without notice.



## CLINICAL THERAPY SERVICES



Call 517.541.5800, option 2, to schedule an appointment unless a separate number is listed. Cost is covered by most insurance plans, and may require a physician referral.

### DIABETES EDUCATION

A personalized program is designed with assistance from a certified diabetes educator. Individual appointments and classes make up this comprehensive service. Topics include: diabetes basics, meal planning, label reading, understanding medicines and lab tests, monitoring blood glucose, physical activity, stress management and more.

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

### ImPACT (Immediate post-concussion and cognitive testing)

This widely used, scientifically validated and computerized concussion evaluation system gives health care 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, 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 with their potential to keep moving and stay active.

### LSVT LOUD

A research-based speech treatment for individuals with Parkinson 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.

### 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.

## **CLINICAL THERAPY SERVICES, *continued***

### **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. Cost is covered by most insurance plans and requires a physician referral.

### **MEDICAL NUTRITION THERAPY**

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 counsel clients on behavioral and lifestyle changes required to impact long-term eating habits and health.

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

### **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.

### **PHYSICAL THERAPY**

Professionally trained physical therapy staff treat all types of injuries. Services to help patients rebuild strength and function range from aquatic therapy, manual therapy, neurological and orthopedic surgery rehabilitation, sports injuries, women's health, vestibular and much more.

### **PULMONARY REHABILITATION**

HGB's 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.

### **SPEECH THERAPY**

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



## URINARY INCONTINENCE and PELVIC FLOOR DYSFUNCTION

An evaluation is performed by a physical therapist and an individualized treatment plan is developed, which includes biofeedback, to help overcome barriers associated with pelvic floor dysfunction.

## VISION THERAPY

A physical 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 ALIVE 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 ALIVE Events Manager will help design a one-of-a-kind, memorable event. Call 517.541.5811 for more information, date availability & rates.

### CATERING SERVICES

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



## HEALTH AND WELLNESS SERVICES

Call 517.543.9575 for 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, somatogy (muscle receptors), vestibular (inner ear) and vision.

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

### BLITZ TRAINING

Package includes four 30-minute high intensity training sessions designed to challenge each individual to their maximum level. Designed for one or two people.

Cost: \$120 | MOVE Member: \$100

### 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 per person for 30-minute session | \$20 per person for 60-minute session

### 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: \$50/hour (weekdays, full hour increments only)

\$75/hour (weekends and after-hours, 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 over loose fitting clothing using rollers, triggerpoint balls, and manual stretching.

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 leaves 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's 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

#### ALIVE CORRECTIVE FACIAL

This ALIVE Signature Facial provides your skin a customized treatment. This is an opportunity to completely relax and rejuvenate.

Cost: \$45 - 30 min. | \$65 - 60 min. | \$85 - 90 min.

MOVE Member: \$40 - 30 min. | \$60 - 60 min | \$75 - 90 min.

#### RADIANCE FACIAL TREATMENT

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

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 Rejuvenate 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: \$60 - 45 min. | MOVE Member: \$55 - 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: \$65 - 60 min. | MOVE Member: \$60 - 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 and Swedish massage; and focus on areas of tension. Pressure is based on customer preferences.

Cost: \$45 - 30 min. | \$60 - 60 min. | \$85 - 90 min.

MOVE Member: \$40 - 30 min. | \$55 - 60 min | \$80 - 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- and 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 hot stones. Used in conjunction with any other massage technique, warmed stones used as massage tools.

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

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

### ONCOLOGY MASSAGE

Massage specific for those who have gone or are going through cancer treatment including chemotherapy or radiation. The first appointment includes an additional \$10 fee for a 30-minute consultation.

*Financial assistance may be available to those who qualify.*

Cost: \$55 - 30 min. | \$90 - 60 min.

MOVE Member: \$50 - 30 min. | \$85 - 60 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)**

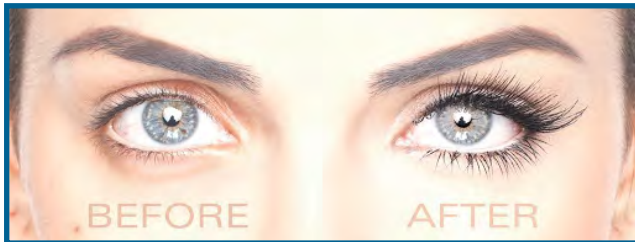
\$120 | MOVE Member: \$115

#### **• 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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