



SERVICE GUIDE





ABOUT US

ALIVE, 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.

ALIVE is the result of our local hospital's mission to provide quality care for patients and enhance the vitality of the community. ALIVE 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 | Connect on social:   

ALIVE SERVICES

ALIVE 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 ALIVE 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 ALIVE can help inspire you to experience new adventures and achievements. There are free, fee-based and membership opportunities to assist you with accomplishing goals.

ALIVE SPACES

- **BRIDGE**, cardiac and pulmonary rehabilitation services
- **EMPOWER**, physical and speech therapy services
- **EXPLORE**, indoor and outdoor walking paths
- **FUNCTION**, certified hand therapy and occupational therapy services
- **FUSE**, behavioral health, spa services, dietetics, and Osteopathic Neuromusculoskeletal Medicine
- **GATHER**, conference and meeting space
- **GROW**, children's recreational and enrichment area
- **MOVE**, fitness center
- **NOURISH**, community, 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 ALIVE, 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, visit Sparrow.org/Foundation.**



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.

BEHAVIORAL HEALTH

We are dedicated to providing exceptional, behavioral health services to support your well-being. Our experienced professionals create a safe and nurturing environment where you can reflect, develop strategies and move towards a happier, healthier life. We understand that mental and emotional well-being are integral to your overall health. We believe in the power of a holistic approach combining therapy, mindfulness practices, and wellness activities to help you achieve your goals. Whether you are facing life challenges, stress, or seeking personal growth, we are here to support you. Contact us to discover the transformative potential of our behavioral health services.

BIOFEEDBACK

Biofeedback is a clinical mind-body technique that therapists use to teach patients to control bodily functions such as heart rate, respiration, temperature, and muscle tension. Biofeedback is tool that is most often used to treat stress, sleep management, and chronic pain, specifically in patients who suffer from neck pain resulting in migraines/headaches.

CHRONIC PAIN MANAGEMENT

We are committed to helping community members who have struggled with chronic pain, including those who have seen multiple providers and have yet to find relief. Our approach is holistic, addressing the whole person through a multidisciplinary team of specialists, including Occupational Therapy, Physical Therapy, Dietetics, Behavioral Health Therapy, Osteopathic Neuromusculoskeletal Medicine, and the Pain Management Clinic. Our goal is to empower patients through education, collaborative goal-setting, and the provision of tools designed to break the cycle of chronic pain and enhance quality of life.



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.

Dry Needling

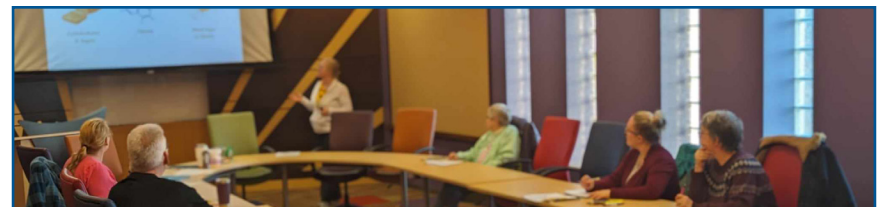
Experience the benefits of dry needling, a specialized treatment approach rooted in modern Western medicine. This technique targets both localized areas of discomfort and broader, interconnected problem areas to address the source of pain and dysfunction. By inserting fine, sterile needles into trigger points and muscle tissue, dry needling helps reduce tissue tension, improve mobility, and promote natural healing processes within the body.

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. This 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.**



CLINICAL THERAPY SERVICES continued...

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 counsel 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 (CHT) are also on staff specializing in treatment, splinting, and rehabilitation of injuries involving the elbow, wrist, and hand. Common diagnoses seen by CHTs include fractures, overuse injuries, and tendon or ligament injuries.

Call 517.541.5886 to schedule.



OSTEOPATHIC NEUROMUSCULOSKELETAL MEDICINE

Osteopathic Neuromusculoskeletal Medicine (ONMM) is a medical subspecialty that involves training in osteopathic manual medicine (OMM) and the study of neuromusculoskeletal disorders. ONMM specialists can utilize osteopathic manipulative medicine to treat soft tissues, muscles, joints and their related structures to help improve alignment and range of motion, thereby improving the body's function and reducing pain. The goal of an ONMM physician is to diagnose, treat and educate their patients on self-care in order to optimize their own health and well-being. Patients of all ages are welcome, referral from a physician is needed.

PEDIATRIC CLINICAL SERVICES

Occupational therapists treat and manage physical or cognitive conditions that affects a child's movement and coordination, sensory processing, thoughts, perception, memory, visual motor/perceptual skills, self-regulation, and coping skills.

Physical therapists treat and manage physical conditions that affect a child's developmental milestones and gross motor function.

Speech therapists treat and manage any kind of communication deficits including articulation, social and voice disorders.

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.

Call 517.541.5806 to schedule.



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.

Call 517.541.5886 to schedule.

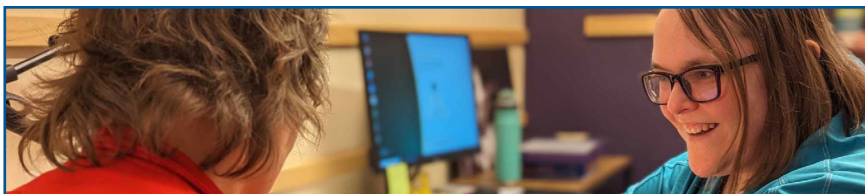
URINARY INCONTINENCE & PELVIC FLOOR DYSFUNCTION

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.

Call 517.541.5886 to schedule.



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. 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 and rates.

CATERING SERVICES

Love the food in NOURISH? They are available to cater your next ALIVE event. You can see their menu at myalive.com. All catering, including beverages, must be ordered through ALIVE's Events Manager. Call 517.541.5815 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

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

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: \$41.25 - 8 min. | \$82.50 - 23 min.



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 exercise physiologists. 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)



FUSE SPA

FUSE at ALIVE connects local professionals providing spa services to guests in a refreshing and rejuvenating environment. These services are provided in comfortable, private rooms within FUSE, but are booked and paid for directly through the service providers, listed at myalive.com.

If you, or someone you know may be interested in offering their spa or holistic health services at ALIVE, please contact Taylor Greshak at taylor.greshak@UMHSparrow.org.



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