

# JULY 2020 PROGRAM GUIDE





## Hours of Operation

### ALIVE

Screening required for all entrants. Includes use of restrooms, clinical services, GROW drop-off/pick-up, NOURISH carry-out/dine-in and FUSE. Masks must be worn in the building at all times.

Monday – Friday 8:30 a.m. to 5:30 p.m.

### NOURISH by The Big Salad

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

Monday – Friday 10 a.m. to 3 p.m.

### GROW

Screening required for all entrants. Please enter at exterior PLAY gate. Max capacity per hour is 15 children. Ages 3-12 (young children must be fully potty-trained). Parents are permitted to drop off their children 5 minutes prior to their allotted time. Children must be picked up promptly at the end of their timeslot. Cost: \$3 per child, per visit.

Monday – Thursday 8 a.m. to 9 a.m.  
 9:30 a.m. to 10:30 a.m.  
 5:30 p.m. to 6:30 p.m.  
 7 p.m. to 8 p.m.  
 Friday 8 a.m. to 9 a.m.  
 9:30 a.m. to 10:30 a.m.

We've been busy – creating, bringing things back to life and feeling alive reimagining offering more robust programming again! While our clinical services were deemed essential, other services were temporarily halted. We've worked hard preparing this monthly line-up of offerings emphasizing the safety and well-being of our guests and caregivers. If you are not yet comfortable returning for in-person offerings we invite you to visit our YouTube page.

## Directory

ALIVE – Main	541-5800
ALIVE – Fax	541-5810
Class Registration	541-5800, opt. 1
General Information	541-5800, opt. 1
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

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## 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. 1, unless a different phone number is listed.

## Safety & Sanitation Guidelines

The following guidelines are to help everyone enjoy a safe and 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.
- 30 minute blocks of time have been set between programs to allow for transition time and cleaning.
- Sanitation stations will be available at all programs, both indoors and outdoors, including wipes and hand sanitizer pumps.
- Capacity limitations have been established for all programs as well as GROW to allow for adequate social distancing and safety.
- Shirts and appropriate footwear are required in all public areas of ALIVE.
- The ALIVE campus is a tobacco, marijuana and weapons free facility.

- If you have experienced any of the following symptoms within the 24 hours prior to a program, 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

## 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.

Find us on Facebook, Instagram  
& YouTube for the latest  
updates on programs and events.



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Goldfinch in PRESERVE

## Special Events

### JULY: ENERGIZE

- July 13 ALIVE Mini Camp: Nature Begins Pg. 22  
Summer String Art Pg. 21
- July 14 *JEM* Book Club Pg. 21
- July 15 Tie-Dye Time Pg. 23
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Health & Nutrition in HARVEST Pg. 20
- July 30 SPLAT! Pg. 22
- Aug. 1 StoryWalk - New Story Begins Pg. 23



PRESERVE at dusk

## Weekly Schedule

### Mondays

Dawn–Dusk	Outdoor Walking
6:30 a.m.–7:30 a.m.	Weekly Fitness Pass
8 a.m.–8:45 a.m.	Kettlebell Circuit
8 a.m.–9 a.m.	Weekly Fitness Pass
9 a.m.–10 a.m.	CrossFit
9:30 a.m.–10:15 a.m.	Tabata Bootcamp
9:30 a.m.–10:30 a.m.	Weekly Fitness Pass
5:30 p.m.–6:15 p.m.	Bootcamp
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	Weekly Fitness Pass
6:30 p.m.–7:30 p.m.	CrossFit
7 p.m.–8 p.m.	Weekly Fitness Pass
7 p.m.–7:55 p.m.	Yoga: Basic

### Tuesdays

Dawn–Dusk	Outdoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling
6:30 a.m.–7:30 a.m.	Weekly Fitness Pass
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt
8 a.m.–9 a.m.	Weekly Fitness Pass
9 a.m.–10 a.m.	CrossFit
9:30 a.m.–10:25 a.m.	Yoga: Basic
9:30 a.m.–10:30 a.m.	Weekly Fitness Pass
12:10 p.m.–12:40 p.m.	30-Minute HIIT
5:30 p.m.–6:15 p.m.	Group Cycling: Spin & Sculpt
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	Weekly Fitness Pass
6:30 p.m.–7:30 p.m.	CrossFit
7 p.m.–8 p.m.	Weekly Fitness Pass
7 p.m.–7:45 p.m.	Barre None

### Wednesdays

Dawn–Dusk	Outdoor Walking
6:30 a.m.–7:30 a.m.	Weekly Fitness Pass
8 a.m.–8:45 a.m.	Kettlebell Circuit
8 a.m.–9 a.m.	Weekly Fitness Pass
9 a.m.–10 a.m.	CrossFit
9:30 a.m.–10 a.m.	Fun Fitness
10 a.m.–10:30 a.m.	Deep Stretch
9:30 a.m.–10:30 a.m.	Weekly Fitness Pass
5:30 p.m.–6:20 p.m.	PiYo
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	Weekly Fitness Pass
6:30 p.m.–7:30 p.m.	CrossFit
6 p.m.–7 p.m.	TOPS
7 p.m.–8 p.m.	Weekly Fitness Pass
7 p.m.–7:45 p.m.	Bootcamp

### Thursdays

Dawn–Dusk	Outdoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling
6:30 a.m.–7:30 a.m.	Weekly Fitness Pass
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt
8 a.m.–9 a.m.	Weekly Fitness Pass
9 a.m.–10 a.m.	CrossFit
9:30 a.m.–10:15 a.m.	Barre None
9:30 a.m.–10:30 a.m.	Weekly Fitness Pass
12:10 p.m.–12:40 p.m.	30-Minute HIIT
5:30 p.m.–6:20 p.m.	Zumba
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	Weekly Fitness Pass
6:30 p.m.–7:30 p.m.	CrossFit
7 p.m.–8 p.m.	Weekly Fitness Pass
7 p.m.–7:45 p.m.	Step & Sculpt

## Fridays

Dawn–Dusk	Outdoor Walking
6:30 a.m.–7:30 a.m.	Weekly Fitness Pass
8 a.m.–8:55 a.m.	Yoga: Basic
8 a.m.–9 a.m.	Weekly Fitness Pass
9 a.m.–10 a.m.	CrossFit
9:30 a.m.–10:15 a.m.	Step & Sculpt
9:30 a.m.–10:30 a.m.	Weekly Fitness Pass
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	Weekly Fitness Pass
6:30 p.m.–7:30 p.m.	CrossFit
7 p.m.–8 p.m.	Weekly Fitness Pass

## Saturdays\*

Dawn–Dusk	Outdoor Walking
9 a.m.–10 a.m.	CrossFit

\*Note: ALIVE is not open on Saturday. Programs listed occur outside with no building access.

**Register online at**  
**[www.myalive.com](http://www.myalive.com)**  
**or by using the ALIVE**  
**mobile app.**

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

Call (517) 541-5800, opt. 1, with questions  
about registering or creating an account.

## Program Recommendations:

- Register in advance.
- Arrive 5-15 minutes prior to the promoted start-time.
- Bring your own towel/mat and water for DO/BREATHE programs.
- Use the restroom prior to attending or be screened during building hours to utilize the restroom at the main entry of ALIVE. (ALIVE will not be open outside of building hours listed on page 2).
- Maintain social distancing of a minimum of 6' from others attending.
- Utilize our main parking lot.
- Limit attendance to only individuals participating in class.

## What to expect:

- Sign up & pay using the MyAlive app by selecting the program you wish to attend.
- DO/BREATHE program registration will open on the Friday prior to the following week at 8pm.
- DO/BREATHE programs will take place outside of the main entrance of ALIVE (under the awning) and on the cement pad outside of GATHER. THINK/GROW programs will be held outdoors (weather permitting) and shifted indoors as needed.
- DO/BREATHE programs may be cancelled due to inclement weather (cancellations posted on myalive.com and the ALIVE Facebook page).
- Due to the outdoor nature of DO/BREATHE programs, masks will not be required. If THINK/GROW programs are conducted outdoors, masks will not be required.

## DO

### Skill Levels:

<b>B</b>	=	Beginner
<b>I</b>	=	Intermediate
<b>A</b>	=	Advanced

### 30-Minute HIIT (I, A)

Only a half-hour to workout? No problem. This class has advanced, High Intensity Interval Training and Bootcamp-style workouts that provide a quick, intense and energizing workout.

**Cost: \$5/class**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Tues.	12:10 p.m.-12:40 p.m.
Thurs.	12:10 p.m.-12:40 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**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Tues.	7 p.m. – 7:45 p.m.
Thurs.	9:30 a.m. – 10:15 a.m.

### Bootcamp (I, A)

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

**Cost: \$5/class**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Mon.	5:30 p.m. – 6:15 p.m.
Wed.	7 p.m. – 7:45 p.m.

### CrossFit (I, A)

MOVE Members, give CrossFit a try! CrossFit Fade, located at ALIVE, combines strength training, plyometrics, speed-training, Olympic and power lifting, kettle bells and more. Workouts tailored for all fitness levels. Register at 517-231-6971.

**Cost: \$9/class or \$50/month**

Mon. – Fri.	9 a.m. – 10 a.m. 5:30 p.m. – 6:30 p.m. 6:30 p.m. – 7:30 p.m.
Sat.	9 a.m. – 10 a.m.

### Fun Fitness (B)

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

**Cost: \$5/class**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Wed.	9:30 a.m. – 10 a.m.
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### 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 15.**

**Cost: \$5/class**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

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 training exercises to complement cardio endurance. **This class requires pre-registration; limited capacity of 15.**

**Cost: \$5/class**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Tues.	8 a.m. – 8:45 a.m. 5:30 p.m. – 6:15 p.m.
Thurs.	8 a.m. – 8:45 a.m.

## Outdoor Walking

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

**Cost: FREE**

## 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**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Mon.	8 a.m. – 8:45 a.m.
Wed	8 a.m. – 8:45 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**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Thurs.	7 p.m. – 7:45 p.m.
Fri.	9:30 a.m. – 10:15 a.m.

## Tabata Bootcamp (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**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Mon.	9:30 a.m. – 10:15 a.m.
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Kettlebell Circuit outdoors



## Unlimited Group Ex

Gain unlimited access to all of our outdoor offerings listed as "Unlimited Group Ex" under the weekly cost (excludes CrossFit and "Weekly Fitness Pass"). The only programs requiring pre-class registration with the "Unlimited Group Ex" are: Group Cycling and Group Cycling: Spin & Sculpt which have limited equipment available (*note your registration in those offerings will not charge the per-class rate*).

**Cost: \$9/week**

Monday-Friday, July 6-10

Monday-Friday, July 13-17

Monday-Friday, July 20-24

Monday-Friday, July 27-31

## Weekly Fitness Pass

Under the guidance of a degreed Exercise Physiologist, the Weekly Fitness Pass provides access for one hour per day (at registered times) Monday through Friday to utilize functional strength training equipment such as cables, dumbbells, kettlebells as well as select cardiovascular equipment to help improve overall health. Exercise programs can be modified to meet the needs of all ages and ability levels. *The Weekly Fitness Pass also includes unlimited access to outdoor group exercise classes.*

**Cost: \$15/week**

Mon.-Fri.	6:30 a.m.– 7:30 a.m.
	8 a.m.– 9 a.m.
	9:30 a.m.– 10:30 a.m.
	5:30 p.m.– 6:30 p.m.
	7 p.m.– 8 p.m.

## Youth Sports Performance Training

**Instructor: Eric McGill**

Learn the domains of fitness including: endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy – all essential for excelling in sports. This program will be week-to-week. Every week, work on fundamentals of body weight training, weightlifting, and cardiovascular conditioning. Ages 12-18 years old. **Register at 517-231-6971.**

**Cost: \$9/class or \$20/week**

**July 6 - August 13**

Mon., Wed., Thurs. 10 a.m. – 11 a.m.

## Zumba (B, I)

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

**Cost: \$5/class**

**\$9/week** (*purchase Unlimited Group Ex, see page 16 for details*)

Thurs. 5:30 p.m.–6:20 p.m.



ALIVE exterior

## 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**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Wed. 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**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Wed. 5:30 p.m. – 6:20 p.m.

### Yoga: Basic (B)

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

**Cost: \$5/class**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Mon. 7 p.m. – 7:55 p.m.

Tues. 9:30 a.m. – 10:25 a.m.

Fri. 8 a.m. – 8:55 a.m.

## SUPPORT

### 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. Meetings are currently held outdoors at ALIVE under the Floyd M. Jewell Memorial. Visit [www.tops.org](http://www.tops.org) for information on pricing & promotions or call (517) 410-0482.

Wed. 6 p.m. – 7 p.m.



PiYo outdoors

## THINK

### PRESENTATIONS

*Learn something new as you listen to presenters speak on a variety of valuable and interesting topics.*

#### Professional Speaker Series: Health & Nutrition in HARVEST

**Presenter: Deb Dillon, MS, RDN**

This educational workshop takes place in HARVEST, the community garden at ALIVE. Learn fundamentals of healthy eating including garden to table prep, planting demos, how to harvest produce and simple recipes to jumpstart your nutrition. *Lunch from The Big Salad will be provided for those who register by Mon., July 27.*

**Cost: FREE**

Wed., July 29 12 p.m. – 12:45 p.m.

### WORKSHOPS

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

#### Essential Summer Oils

**Instructor: Adrienne Bunce**

Learn the basics of essential oils that help most during the summer months. Make and take your very own roller bottle of stress reliever, after-sun spray, and insect repellent spray (yes...you get all three!). A no-pressure, laidback atmosphere where questions can be answered and blends can be shared. *Light refreshments provided.*

**Cost: \$25 per class**

Thurs., July 16 7 p.m. – 8 p.m.

Mon., July 27 7 p.m. – 8 p.m.

#### JEM Book Club

**Facilitator: Jennifer Davis**

Craving some adult social interaction, ladies? This is your answer! Enjoy spending time with others dialoguing on Glennon Doyle's: *Untamed*. "A book that explores the joy and peace we discover when we stop striving to meet others' expectations and start trusting the voice deep within us." This will be an empowering time in PONDER to gather, discuss, and relax. **Participants must purchase their own copy of *Untamed*. Light refreshments provided.**

**Cost: \$15 per class**

Tues., July 14 7 p.m. – 8 p.m.

Tues., July 21 7 p.m. – 8 p.m.

Tues., July 28 7 p.m. – 8 p.m.

#### Summer String Art

**Instructor: Chrissy Davis**

Back by popular demand! Put back on your crafting hat and design your next unique piece to keep or to give as a gift. All materials provided. Several summer-themed designs available. Ages 13 and up.

**Cost: \$15 per class**

Mon., July 13 6:30 p.m. – 8 p.m.

Mon., July 20 6:30 p.m. – 8 p.m.



PONDER (where JEM Book Club takes place)

## GROW

### ALIVE Mini Camp: Nature

**Instructor: Amy Wilkes**

Nurture your child's sense of wonder and curiosity with activities that can help them connect to nature. Camp includes nature walks, scavenger hunts, rock painting, creating twig ornaments, creating bird feeders, planting flowers and more. Ages 2.5-7 years old.

**Cost: \$65 first child**  
\$55 per add'l child (same household)

Mon-Thurs., July 13-16      1 p.m. – 3 p.m.

### ALIVE Mini Camp: Science

**Instructor: Amy Wilkes**

Let your child explore with interactive science experiments and activities that help imaginations grow. Camp includes slime making, volcano experiments, sink or float activities, understanding how clouds make rain, magic inflating balloons, dancing worms activity and more. Ages 2.5-7 years old.

**Cost: \$65 first child**  
\$55 per add'l child (same household)

Mon-Thurs., July 20-23      1 p.m. – 3 p.m.

### SPLAT!

**Instructor: Kym Kletke**

Create your very own splatter paint canvas! Choose from one of several designs to take your canvas up a notch. Be ready to make a mess as this program encourages hands-on creativity. Cost is per class.

**Cost: \$15 first child**  
\$10 per add'l child (same household)

Thurs, July 23      11 a.m. – 12 p.m.

Thurs., July 30      5:30 p.m. – 6:30 p.m.

### Tie-Dye Time

**Instructor: Kym Kletke**

You and your kids have all the fun, while we clean up the mess! How? We have made tie-dye simple. Participants will be creating two summer themed clothing items. Tie-dye materials provided. **Participants must bring their own clothing items to dye.**

**Cost: \$20 first child**  
\$15 per add'l child (same household)

Wed., July 15      11 a.m. – 12 p.m.

Wed., July 22      5:30 p.m. – 6:30 p.m.

### StoryWalk®

Take a walk through EXPLORE in PRESERVE to read the newest children's book on the Charlotte Community Library's StoryWalk®. Always open during normal operating hours. Enjoy a picture book and some simple activities that will engage the whole family. A new book is featured each spring, summer and fall. Look for a new story coming August 1.

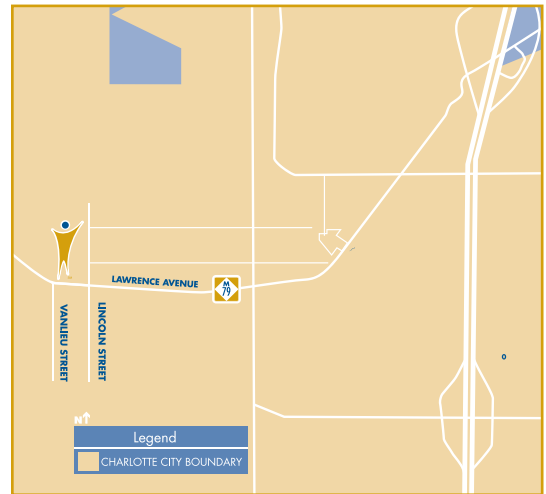
**Cost: FREE**

### Notes


## 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	541-5833
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,  
visit [sparroweatonhospital.org](http://sparroweatonhospital.org).



800 W. Lawrence Ave.  
Charlotte, MI 48813  
[myalive.com](http://myalive.com)

Main (517) 541-5800  
Fax (517) 541-5810