



Helping you
live well and age well

It's for people just like you!

- People who share your interest in a healthy lifestyle and independence.
- People who look forward to aging with grace, wisdom and dignity.
- People who are age 50 and better and are committed to living well and aging well.

Benefits

- **Educational Programs** - Prime Time Alive offers an array of educational programs throughout the year focusing on physical, social, intellectual, emotional, financial, and spiritual wellness. Free blood pressure screenings are offered 30 minutes prior to most education sessions.
- **Mallwalkers** - Monthly programs are held at North Grand Mall the first Tuesday of every month at 8 a.m. Have your blood pressure taken, listen to a short educational program or walk laps.
- **Trips** - Join your Prime Time Alive friends on day and overnight trips throughout the year. When traveling with Prime Time Alive, remember all the planning and driving is taken care of for you.
- **Social Events** - A great way to meet people is to participate in the brunches, holiday gathering and other social events offered through Prime Time Alive.
- **Fitness Discounts** - A variety of fitness discounts are available to Prime Time Alive members through Mary Greeley Rehab & Wellness and the Story City Lifetime Fitness Center.
- **Credit Union** - Prime Time Alive members and their families have an opportunity to join the Ames City Employee Credit Union (ACE). For more information call (515) 233-1526.
- **Lifeline Discount** - Lifeline is a 24-hours personal monitoring system. For Prime Time Alive members, HOMEWARD will waive the setup fee for new subscribers or will give one (1) free month to current subscribers. For more information, call (515) 239-6730.
- **Massage Therapy** - Enjoy a 15% discount on all massage therapy services at Mary Greeley. For more information or to schedule an appointment, call (515) 239-6770 in Ames or (515) 733-4029 in Story City.
- **Cafeteria Discount** - A 10% discount on meals served in the cafeteria is given to all Prime Time Alive members. Simply show your Prime Time Alive membership card to the cashier.
- **Burgie's Coffee and Tea Company** - Receive a 10% discount on any purchase at Burgie's located at Mary Greeley. All you need to do is show your Prime Time Alive card to receive the discount.

Send in this application with \$15/person and enjoy the benefits of Prime Time Alive membership.

PRINT Name: _____ Birthday: ____/____/____

Gender: Male ___ Female ___ Marital Status: ___Married ___ Single ___ Widowed

Spouse's Name: _____ Birthday: ____/____/____

Address: _____ City/State/Zip: _____

Email: _____ Spouse Email: _____

Home Phone: (____) _____ Work Phone: (____) _____

Please return to: Mary Greeley Prime Time Alive, 1111 Duff Ave., Ames, IA 50010

Please make the \$15 per person annual membership fee payable to Mary Greeley Medical Center