



Prime Time Alive is for people like you!

People who want quality of life in their middle to better years.

People who share your interest in a healthy lifestyle and independence.

People who look forward to aging with grace, wisdom and dignity.

Prime Time Alive...

is for individuals age 50 and better who are committed to living well and aging well.

Wellness is a harmony of mind, body and spirit.

Take an active role in your wellness today by joining Prime Time Alive. We want to help you achieve a vital balance of physical, financial, emotional and spiritual components in your life.

A special gift for you.

If you join Prime Time Alive, you will receive "Healthwise for Life," an informative 400-page book on medical self-care. Or, if you are the second person in your household to join, you may choose a canvas tote with shoulder strap.

Invite your friends and family to join with you.

A Prime Time Alive membership would be a great gift idea for friends and family.

Register today!

Turn the page and you will find a registration form for Prime Time Alive. Send in this form with \$15 and enjoy the benefits of Prime Time Alive membership.



Mary Greeley Medical Center
PrimeTime *Alive*



Helping you live well and age well



Mary Greeley Medical Center
PrimeTime *Alive*



1111 Duff Avenue
Ames, Iowa 50010

515-239-2423
800-303-9574

Mary Greeley Medical Center is accredited by the Joint Commission.
All facilities and grounds of Mary Greeley Medical Center are tobacco free.

www.mgmc.org/pta



Benefits

Prime Time Alive provides you with a wide variety of benefits and services. Save this list as a reminder of all the great benefits of membership. For more information, call 515-239-2423 or 800-303-9574.

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

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 and walk laps.

Trips

Join your Prime Time Alive friends on day and overnight trips throughout the year. Remember, when traveling with Prime Time Alive, the planning and driving is taken care of for you.

Social Events

A great way to meet people is to participate in the annual brunch, 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 ACE Community Credit Union. For more information, call 515-233-1526.

Lifeline Discount

Lifeline is a 24-hour personal monitoring system. For Prime Time Alive members, HOMEWARD will waive the setup fee for new subscribers or will give 1(one) free month to current subscribers. For more information, call 515-239-6730.

Massage Therapy

Enjoy a 15 percent 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 percent 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 & Tea Company

Receive a 10 percent discount on any purchase at Burgie's located at Mary Greeley Medical Center. All you need to do is show your Prime Time Alive card to receive the discount.

Wondering if Prime Time Alive is right for you?

You can reach us by telephone or e-mail.

Prime Time Alive phone numbers:

515-239-2423

800-303-9574

Prime Time Alive e-mail address:

yourhealth.primetimealive@mgmc.com

Make sure to check us out online at:

www.mgmc.org/pta



Membership Registration

\$15 per person annually

Name _____

Birthdate ____/____/____

Gender M F

Marital Status Married Single Widowed

Spouse's Name _____

Spouse's Birthdate ____/____/____

Address _____

City _____ State ____ Zip Code _____

E-mail _____

Spouse E-mail _____

Home Phone (_____) _____

Cell Phone (_____) _____

Please return with your payment to:

Mary Greeley Medical Center
Prime Time Alive
1111 Duff Ave.
Ames, IA 50010

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