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PRESS RELEASE

FOR IMMEDIATE RELEASE



Grief Healing Programs in St. Joseph and Buchanan

Southwest, Michigan, January 11, 2007 - Hospice at Home, Inc. is offering several multi-session programs geared to helping people process grief. All programs are free and open to the public.

A seven-week session, called *Good Grief*, will be held every Tuesday at 3 pm from January 23 through March 6 at the St. Joseph office of Hospice at Home, Inc. located at 4025 Health Park Lane. The program will also be held every Wednesday at 3:30 pm from January 24 through March 7 at the Buchanan office located at 4017 Chamberlain Road. The hour and a half sessions provide an opportunity for participants to connect with others who are experiencing the loss of a friend or family member.

Journaling through Grief teaches a variety of writing techniques including alpha poems, sentence completion, 5 minute sprint, and free writing. No previous journaling experience is necessary. Four hour and a half sessions will be held each Wednesday at 2 pm from March 14 through April 18 at the St. Joseph office of Hospice at Home, Inc.

The Gifts of Grief is a 52 minute film that will be shown at 5 pm on Tuesday, February 27 at the St. Joseph office of Hospice at Home, Inc. After the movie there will be a time of discussion.

A Seminar on Men's Grief will be held on Friday, March 9 at 10 am at the St. Joseph office of Hospice at Home. The program is designed for men who are grieving and those close to men who are grieving. It offers a discussion of the factors that influence grief as well as a variety of other topics related to how men grieve.

Hospice at Home, Inc. provides holistic quality care for individuals with life-limiting illness and their families. The care is coordinated by a team of physicians, nurses, aides, social workers, spiritual care counselors, bereavement coordinators, and trained volunteers. Hospice at Home, Inc. also cares for families at Lory's Place, a bereavement and education center that builds hope and strength for every grieving family.

For more information, or to register for a program, contact Hospice at Home, Inc. at 269-429-7100 in St. Joseph, 269-695-1099 in Buchanan, or toll-free at 800-717-3811; or go to www.hospiceathome.org.