



For Immediate Release

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Hospice of Michigan to Host Tai Chi for Arthritis Classes

Traverse City, Michigan, August 31, 2015 – Hospice of Michigan will host Tai Chi for Arthritis classes for Kent County residents ages 60 and older beginning Sept. 15.

The classes, held in partnership with Senior Neighbors and funded by the Kent County senior millage, will be 3 to 4 p.m. each Tuesday and Thursday at HOM, 989 Spaulding Ave. SE, in Ada. The classes are free and open to the public, although donations will be accepted. Plenty of convenient, free parking is available.

Tai Chi is a controlled method of gentle physical exercise and stretching done in a slow and safe manner. Benefits include improved balance, endurance and flexibility as well as a stronger core and reduced stress. No equipment or special skills are needed to participate in Tai Chi.

To register for the program, email Claire Fisher at cfisher@hom.org. For more information, contact Julie Lake at 616.233.0283 or jlake@seniornighbors.org.

About Hospice of Michigan

A nationally recognized leader in end-of-life care, Hospice of Michigan is the original – and largest – hospice in the state. The nonprofit cares for more than 1,700 patients each day, raising more than \$4 million each year to cover the cost of care for the uninsured and underinsured. HOM offers a broad range of services to enhance the quality of life at the end of life, including At Home Support™, our advanced illness management program, community-based palliative care and pediatric care programs. HOM provides grief support and counseling, caregiver education and support, and education programs for physicians and health care professionals through its research, training and education arm, the Hospice of Michigan Institute. For more information, call 888.247.5701 or visit www.hom.org.

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