



For Immediate Release

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Hospice of Michigan to Host Meal For Me Class
Cooking Class Teaching Simple Strategies when Cooking for One

Van Buren Township, Michigan, September 23, 2015 – Hospice of Michigan will host “A Meal for Me” cooking class to teach simple strategies when cooking for one on Thursday, Oct. 1.

The class will be taught using the “A Meal for Me” cookbook, which was developed using a collection of recipes from HOM’s extended friends and family network. The class will teach single serving recipes and help individuals develop skills in preparing simple, healthy and flavorful meals for themselves – without spending hours in the kitchen.

“A Meal for Me” will be held at September Days Senior Center, 46425 Tyler Rd., at 1 p.m. While attendance is free, registration is requested. Contact Margie Martin at 734.769.5821.

The “A Meal for Me” cookbook is available for free online at hom.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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