



FOR IMMEDIATE RELEASE

MICHAEL'S PLACE LAUNCHES NEW YOGA PROGRAM
Offered to the public at no cost the third Thursday of each month

TRAVERSE CITY, MI, January 25, 2018 — Michael's Place, a healing center for those who are grieving, has added a new yoga program to their list of grief support opportunities.

The new program is available at no cost to those grieving the death of a loved one and to those for whom death and grief are a part of their job. The class meets the third Thursday of each month at 12:00pm.

"The program launched in January and so far the feedback from those attending has been overwhelmingly positive," said Melissa Fournier, Program Director for Michael's Place.

Michael's Place is a non-profit that offers an average of 28 core programs each month, totaling more than 37 hours through support groups and workshops alone, all supported by fundraising events and contributions of many donors, large and small.

"Michael's Place board and supporters believe it is important that all who grieve have the opportunity to receive grief support services without cost," said Fournier. "We understand that most families suffering the loss of a loved one are already burdened with financial hardship."

Anyone interested in attending these sessions can register by calling (231) 947-6453 or via email goodgrief@mymichaelsplace.net. Information regarding other grief support programs, including support groups, creative workshops, and customized events for children and their families can be found at mymichaelsplace.net.

About Michael's Place

Michael's Place is a grief support center for children, teens, adults. The organization gives those who grieve a voice to share their story, care and support to survive their loss, and hope to begin to live again. In 2017, Michael's Place provided direct support to over 1,000 grieving children, teens, and adults at no cost.

For more information, visit www.MyMichaelsPlace.net or call (231) 947-6453.

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