



**Reverence**

Home Health & Hospice

*A Service of St. Joseph Health System*

## MEDIA RELEASE

*For immediate release*

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## Reverence to host bereavement retreat

Tawas, MI, Sept. 15, 2014 — When emotions run high, health can be compromised. Create a balance in your mind, body, and spirit by nurturing yourself as a whole person. Reverence Home Health & Hospice, as service of St. Joseph Health System, will host a retreat to help you take care of your whole body on your journey toward optimal wellness.

Featured speakers include registered yoga instructor Mary Ann Filka, social worker Renee Diener, and Rev. Sue Hand.

The event will take place on **Thursday, October 16 from 9 a.m. to 3 p.m.** at the Knights of Columbus Hall located at 821 Newman in East Tawas.

There is no cost to attend and a free lunch will be provided. For more information about the retreat or to register, contact Renee Diener at (989) 274-5029 or email [renee.diener@reverencehomehealth.com](mailto:renee.diener@reverencehomehealth.com).

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