



Online Health Programs Winter 2023

Free Educational Health Classes:

Michigan State University Extension offers a variety of educational programs to help you, your family, your clients and your patients live healthy lives. We invite you to go to our "[Learn More/Refer To Our Programs](#)" web page to explore all our health-related classes. You can also use this web page to refer a friend, family member or neighbor to classes you think would be of benefit to them.

Listed below are upcoming classes starting in January, February and March 2023.

Click on the "hot links" to register for any of the following classes.

Online Classes Scheduled for Winter 2023:

A Matter of Balance

[A Matter of Balance Class](#), Wednesdays, Jan.25 - March 25, 2023, 9:30-11:30am ET

Chronic Disease Self-Management Program

[Chronic Disease Personal Action Toward Health \(PATH\)](#), March 7-April 18, 2023, 1:00-3:00pm ET

Chronic Pain Self-Management Program

[Chronic Pain Personal Action Toward Health \(PATH\)](#), Mondays, Mar. 6-April 10, 3:30-5:30pm ET

Mindfulness Classes

[Mindfulness for Wellbeing](#), Thursdays, Jan. 5 - Feb. 23, 7:00-9:00pm ET

[Stress Less with Mindfulness](#), Jan. 9 - Jan. 13, 8:00-9:00am ET

[Stress Less with Mindfulness](#), Wednesdays, Jan. 11 - Feb. 8, 10:00-11:30am ET

[Mindfulness for Wellbeing](#), Mondays, Jan. 30 - March. 20, 9:00-11:00am ET

[Mindfulness for Wellbeing](#), Tuesdays, Feb. 14 - April 4, 2:00-4:00pm ET

Powerful Tools for Caregivers Program

[Powerful Tools for Caregivers](#), Mondays, Jan. 9 - Feb. 13, 2:00-3:30pm ET

[Powerful Tools for Caregivers](#), Tuesdays, Feb. 21-March 28, 9:00-11:00am ET

RELAX: Alternatives to Anger Education

[RELAX: Alternatives To Anger Program](#), Thursdays, Feb 16-March 9, 10:30am-12:00pm ET

SLEEP Education Classes

[SLEEP Education for Everyone Program](#), Mondays, Jan. 9 - Feb. 20, 12:00-12:30pm ET

[SLEEP Education for Everyone Program](#), Fridays, Jan. 20 - Feb. 24, 12-12:30pm ET

[SLEEP Education for Everyone Program](#), Mondays, Jan. 23 - Feb. 27, 7:30-8:00pm ET

[SLEEP Education for Everyone Program](#), Thursdays, Feb. 2 - Mar. 9, 1:00-1:30pm ET

Tai Chi Classes

[Tai Chi for Arthritis & Falls Prevention](#), Mondays & Wednesdays, Jan. 9 - Mar. 1, 2:30-3:30pm ET

[Tai Chi for Arthritis & Falls Prevention](#), Tuesdays & Thursdays, Jan. 10 - Mar. 9, 7-8am ET

[Tai Chi for Arthritis & Falls Prevention](#), Tuesdays & Thursdays, Jan. 10 - Mar. 9, 9-10am ET