



Online Health Programs - Winter 2024

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.

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

Online Classes:

A Matter of Balance

[A Matter of Balance](#), Tuesdays & Thursdays, Jan. 9, 2024 through Feb. 6, 2024, 9:30-11:30am ET

[A Matter of Balance](#), Wednesdays, Jan. 17, 2024 through Mar. 6, 2024, 1-3pm ET

Chronic Disease Self-Management Program

[Chronic Pain PATH Telephone Workshop](#), Tuesdays, Jan. 23, 2024 through Feb. 27, 2024, 11am-12pm ET

[Chronic Pain PATH](#), Thursdays, Jan. 25, 2024 through Feb. 29, 2024, 1:30-3:30pm ET

[Chronic Disease PATH](#), Thursdays, Feb. 1, 2024 through Mar. 7, 2024, 10am-12pm ET

[Diabetes PATH](#), Tuesdays, Feb. 20, 2024 through Mar. 26, 2024, 1:30-3:30pm ET

[Chronic Disease PATH Telephone Toolkit](#), Wednesdays, Feb. 28, 2024 through April 3, 2024 1-2:00pm ET

[Chronic Pain PATH](#), Mondays, Mar. 4, 2024, through April 15, 2024, 2-4pm ET

[Diabetes PATH](#), Wednesdays, March 13, 2024 through April 17, 2024, 1:00-3:00pm ET

Mindfulness Classes

[2024 Healthy Lifestyle Choices](#), Mondays & Wednesdays, Jan. 15 through March 6, 2024, 10-11:30am ET

[Stress Less with Mindfulness](#), Tuesdays, Jan. 23, 2024, through Feb. 20, 2024, 6-7pm ET

[Stress Less with Mindfulness](#), Tuesday & Thursdays, Jan. 23, 25, 30, Feb. 1 & 6, 2024, 1-2:00pm ET

[February Self-Care Series](#), Thursdays, Feb. 8, 2024, through Feb. 29, 2024, 12-1pm

[Stress Less with Mindfulness](#), Daily, March 18 through March 22, 2024, 1:30-2:30pm ET

Powerful Tools for Caregivers Program

[Powerful Tools for Caregivers](#), Tuesdays, Feb. 20, 2024 through March 26, 2024, 1:00-2:30pm ET

RELAX: Alternatives to Anger Education

[RELAX Alternatives to Anger](#), Wednesdays, Jan. 10, through Jan. 31, 2024, 10-11:30am ET

[RELAX Alternatives to Anger](#), Thursdays, Jan. 4, through Jan. 25, 2024, 8-9:30am ET

[RELAX Alternatives to Anger](#), Tuesdays and Thursdays, Jan. 23, 25, 30, Feb. 1, 2024, 8-9am ET

[RELAX Alternatives to Anger](#), Daily, Feb. 19 through Feb. 22, 2024, 1:30-2:30pm ET

SLEEP Education Classes

[Sleep Education for Everyone](#), Fridays, Jan. 12, 2024, through Feb. 16, 2024, 12-12:30pm ET

[Sleep Education for Everyone](#), Thursdays, Jan. 18, 2024, through Feb. 22, 2024, 10-10:30am ET

[Sleep Education for Everyone](#), Thursdays, Jan. 25, through Feb. 29, 2024, 9:30-10am ET

[Sleep Education for Everyone](#), Wednesdays, Feb. 7, 2024, through Mar. 13, 2024, 7:30-8pm ET

Tai Chi Classes

[Tai Chi for Arthritis & Fall Prevention](#), Tue. & Thu., Jan. 9, 2024, through Mar. 7, 2024, 9-10am ET

[Tai Chi for Arthritis & Fall Prevention](#), Mon. & Fri., Jan. 10, 2024, through Mar. 8, 2024, 7-8am ET

[Tai Chi for Arthritis & Fall Prevention](#), Mon. & Wed., Jan. 22, 2024, through Mar. 13, 2024 9-10am ET

Walk with Ease Classes

[Walk with Ease](#), Jan. 8, 2024, through Feb. 12, 2024, Self-Paced, Weekly communication via email

[Walk with Ease](#), Feb. 5, 2024, through March 11, 2024, Self-Paced, Weekly communication via email