

Online Health Programs 2024 Free Educational Health Classes:

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 "<u>Learn More/Refer To Our Programs"</u> 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 link to register for any of the following classes.

Chronic Disease Self-Management

Christi Demitz, demitzch@msu.edu, 517-490-1608

<u>Diabetes PATH Toolkit</u> <u>Telephone</u>	Wed, Aug 7 – Sept 11, 2024, 10:00-11:00am ET
<u>Chronic Disease PATH Toolkit</u> <u>Telephone</u>	Mon, Sept 23 – Oct 28, 2024, 9:00-10:00am ET

Walk With Ease

Georgina Guzman, gguzman@msu.edu, 616-632-7884

Walk With Ease Self-Paced	June 17 – July 22, 2024, weekly communication by email
Walk With Ease Self-Paced	Aug 30 – Oct 11, 2024, weekly communication by email

Matter of Balance

Nicole Wethington, wethingn@msu.edu, 989-344-3264, ext. 1

Matter of Balance	Tue, July 9 – Sept 3, 2024, 9am CT/10am ET
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Tai Chi for Arthritis

Nicole Wethington, wethingn@msu.edu, 989-344-3264, ext.

Tai Chi for Arthritis	Tues & Thurs, Sept 10 – Nov 14, 2024, 9-10am ET
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RELAX: Alternatives to Anger Series

Holly Tiret, tiret@msu.edu, 616-570-5818

RELAX: Alternatives to Anger Series	Tue-Fri, June 11 – June 14, 2024, 8:30-9:30am ET
RELAX: Alternatives to Anger Series	Mon-Thu, June 17 – June 20, 2024, 1:00-2:00pm ET
RELAX: Alternatives to Anger Series	Mon, June 24 – July 15, 2024, 8:00-9:30am ET
RELAX Alternatives to Anger Series	Tue-Fri, July 16 – July 30, 2024, 12:00-1:00pm ET

Powerful Tools for Caregivers

Kris Swartzendruber, swartze6@msu.edu, 989-672-3870

Powerful Tools for Caregivers	Wed, July 17, 2024, through August 21, 2024, 9:30am
of Children with Special Needs	-11:30am ET

Sleep Education Classes

Liz Williams, Josaitis@msu.edu, 586.909.9631

Sleep Education for Everyone	Tue, June 4 – July 9, 2024, 10 – 10:30am ET
Sleep Education for Everyone	Tue, June 25 – July 30, 2024, 8:00-8:30am ET
Sleep Education for Everyone	Tue, Aug 20 – Sept 24, 2024, 12:30-1:00pm ET







Mindfulness Classes

Holly Tiret, tiret@msu.edu, 616-570-5818

Stress Less with Mindfulness Series	Mon-Thu, June 17 – June 20, 2024, 8:30-9:30 am ET
Stress Less with Mindfulness Series	M/W/M/W/M, July 22 – July 31, 2024, 8:00- 9:00am ET

Other

Smart Food Choices	Monday, June 10, 2024, 11:30am – 12:30pm ET
<u>Self-Care Series</u>	Calming Down & De-Stressing, Tue, Sept 3, 2024, 6:30 – 7:30pm ET
<u>Self-Care Series</u>	Mindful Self-Compassion, Tue, Sept 10, 2024, 6:30 – 7:30pm ET
Self-Care Series	Changing Negative Self-Talk, Tue, Sept 17, 2024, 6:30 – 7:30pm ET
Self-Care Series	Forgiving & Letting Go, Tues, Sept 24, 2024, 6:30 – 7:30pm ET





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For direct links to register for events, visit our Remote Learning Website. https://www.canr.msu.edu/rlr/Events/



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