



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 "[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 link to register for any of the following classes.*

Chronic Disease Self-Management

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

Diabetes PATH Toolkit Telephone	Wed, Aug 7 – Sept 11, 2024, 10:00-11:00am ET
Chronic Disease PATH Toolkit Telephone	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 of Children with Special Needs	Wed, July 17, 2024, through August 21, 2024, 9:30am -11:30am ET
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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

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

Other

<u>Smart Food Choices</u>	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
<u>Self-Care Series</u>	Changing Negative Self-Talk, Tue, Sept 17, 2024, 6:30 – 7:30pm ET
<u>Self-Care Series</u>	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/>