



8.8.24

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 Online Series	Mon, Sept 9 Intro 2-2:30, plus Mon, Sept 16 – 21, 2-4 pm ET
Chronic Pain PATH Telephone Toolkit	Thurs, Sept 12 – Oct 24, 2024, 10:30-11:30 am ET
Chronic Disease PATH Telephone Toolkit	Tues, Sept 17 – Oct 29, 2024, 10:30-11:30 am ET
Chronic Disease PATH Toolkit Telephone	Mon, Sept 23 – Oct 28, 2024, 9:00-10:00 am ET
Chronic Pain PATH Toolkit (Evenings)	Thu, Oct 10 – Nov 14, 2024, 6:30-7:30 pm ET
Chronic Pain PATH Telephone Toolkit	Tues, Oct 29 – Dec 3, 2024, 1:30 – 2:30 pm ET

Walk With Ease

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

Walk With Ease Self-Paced , opt 1	Aug 26 – Sept 30, 2024, weekly communication by email
Walk With Ease Self-Paced opt 2	Aug 26 – Sept 30, 2024, weekly communication by email
Walk With Ease Self-Paced	Aug 30 – Oct 11, 2024, weekly communication by email
Camine con Gusto Autodirigido	20 de septiembre- 25 de octubre, 2024, comunicación semanal por correo electrónico

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
Tai Chi for Arthritis	Tues & Thurs, Sept 17 – Nov 14, 2024, 9-10 am ET



RELAX: Alternatives to Anger Series

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

RELAX: Alternatives to Anger Series	Fri, Oct 4 – 18, 2024, 11:30 am – 12:30 pm ET
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Sleep Education Classes

Liz Williams, Josaitis@msu.edu, 586.909.9631

Sleep Education for Everyone	Wed, Sept 4 – Oct 9, 2024, 7:30-8:00 pm ET – <i>Evening Session</i>
Sleep Education for Everyone	Mon, Sept 9 - Oct. 14, 2024, 11:30 am – 12:00 pm E.T
Sleep Education for Everyone	Thursdays, Sept 12 – Oct 24, 12:00-12:30 pm ET

Powerful Tools for Caregivers

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

Powerful Tools for Caregivers	Tues, Oct 22 – Nov 26, 2024, 10:00 – 11:30 am ET
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Mindfulness Classes

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

Stress Less with Mindfulness Series	Mon, Sept 9 - Oct. 7, 2024, 10:00 – 11:00am ET
Mindfulness for Wellbeing Series	Tue, Sept 24 – Nov 19, 2024, 8:30-10:30 am ET
Stress Less with Mindfulness Series	Mon, Oct 7 – Nov 4, 2024, 8:30-9:30 am ET



Other

Laughter is the Best Medicine	Tue, Aug 27, 2024, 9-10 am ET
Self-Care Series , Calming Down	Tue, Sept 3, 2024, 6:30 – 7:30 pm ET
Mindful Educators Part 1	Mon, Sept 9, 2024, 11:30 am – 12:30 pm ET
Self-Care Series , Mindful Self-Compassion	Tue, Sept 10, 2024, 6:30 – 7:30 pm ET
Maintaining Health in Challenging Times	Wed, Sept 11, 2024, 12-1 pm ET
RELAX: Alternatives for Parents & Caregivers	Thurs, Sept 12, 2024, 1-2:30 pm ET
Mindful Educators Part 2	Mon, Sept 16, 2024, 11:30 am – 12:30 pm ET
Self-Care Series , Changing Negative Self-Talk	Tue, Sept 17, 2024, 6:30 – 7:30 pm ET
Mindfulness for Children Teaching Kids Mindfulness	Wed, Sept 18, 2024, 12-1 pm ET
Teaching Kids Mindful Eating	Mon, Sept 23, 2024, 11:30 am – 12:30 pm ET
Changing Negative Self-Talk	Tue, Sept 24, 2024, 2-3:30 pm ET
Self-Care Series , Forgiving & Letting Go	Tue, Sept 24, 2024, 6:30 – 7:30 pm ET
RELAX: Alternatives to Anger for Parents & Caregivers	Wed, Sept 25, 2024, 12-1 pm ET
Mindfulness for Children , Teaching Kids Mindfulness	Mon, Sept 30, 2024, 11:30 am – 12:30 pm ET
RELAX: Alternatives to Anger for Parents & Caregivers	Fri, 10/18, 12:30-1:30 pm ET
RELAX: Alternatives to Anger for Parents and Caregivers	Fri, 11/1, 12:30-1:30pm ET



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