



10.2.24

**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](mailto:demitzch@msu.edu), 517-490-1608

<a href="#">Chronic Pain PATH Telephone Toolkit (Evenings)</a>	Thu, Oct 10 – Nov 14, 2024, 6:30-7:30 pm ET
<a href="#">Chronic Pain PATH Telephone Toolkit</a>	Tues, Oct 29 – Dec 3, 2024, 1:30 – 2:30 pm ET
<a href="#">Diabetes PATH Telephone Toolkit – (Evenings)</a>	Tues, Nov 5 – Dec 10, 2024, 6:30 – 7:30 pm ET

**Walk With Ease**

Georgina Guzman, [gguzman@msu.edu](mailto:gguzman@msu.edu), 616-632-7884

<a href="#">Camine con Gusto Autodirigido</a>	20 de septiembre- 25 de octubre, 2024, comunicación semanal por correo electrónico
<a href="#">Walk with Ease Self-Paced</a>	Oct 21 – Dec 2, 2024, weekly email communication
<a href="#">Walk with Ease Self-Paced</a>	Nov 13 – Dec 18, 2024, weekly email communication

**Tai Chi for Arthritis**

Nicole Wethington, [wethingn@msu.edu](mailto:wethingn@msu.edu), 989-344-3264, ext.

<a href="https://www.canr.msu.edu/food_health/virtual-health-programs-calendar">https://www.canr.msu.edu/food_health/virtual-health-programs-calendar</a>	2025 Schedule coming soon
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**RELAX: Alternatives to Anger Series**

Holly Tiret, [tiret@msu.edu](mailto:tiret@msu.edu), 616-570-5818

<a href="#">RELAX: Alternatives to Anger Series</a>	Fri, Oct 4 – 18, 2024, 11:30 am – 12:30 pm ET
<a href="#">RELAX: Alternatives to Anger Series</a>	M/T/W/Th, Dec 2,3,4,5, 2024, 8:30-9:30 am ET

**Sleep Education Classes**

Liz Williams, [Josaitis@msu.edu](mailto:Josaitis@msu.edu), 586.909.9631

<a href="#">Sleep Education for Everyone</a>	Tues, Oct 22 – Nov 26, 2024, 11:30 am – 12 pm ET
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**Powerful Tools for Caregivers**

Kris Swartzendruber, [swartze6@msu.edu](mailto:swartze6@msu.edu), 989-672-3870

<a href="#">Powerful Tools for Caregivers</a>	Tues, Oct 22 – Nov 26, 2024, 10:00 – 11:30 am ET
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**Mindfulness Classes**

Holly Tiret, [tiret@msu.edu](mailto:tiret@msu.edu), 616-570-5818

<a href="#">Stress Less with Mindfulness Series</a>	Mon, Oct 7 – Nov 4, 2024, 8:30-9:30 am ET
<a href="#">Stress Less with Mindfulness Series</a>	Tues & Thurs, Dec 3 – Dec 17, 2024, 11:30 am – 12:30 pm ET



One Time Presentations/Lunch & Learns

<a href="#">RELAX: Alternatives to Anger for Parents &amp; Caregivers</a>	Mon, Oct 7, 2024, 11:30 am – 12:30 pm ET
<a href="#">Mindful Educators Part 2</a>	Wed, Oct 9, 2024, 12-1 pm ET
<a href="#">RELAX: Alternatives to Anger for Parents &amp; Caregivers</a>	Fri, Oct 18, 2024, 12:30-1:30 pm ET
<a href="#">Sleep Basics</a>	Mon, Oct 21, 2024, 11:30 am – 12:30 pm ET
<a href="#">Teaching Kids Mindful Eating</a>	Wed, Oct 23, 2024, 12-1 pm ET
<a href="#">Type 2 Diabetes Basics</a>	Mon, Oct 28, 2024, 11:30 am – 12:30 pm ET
<a href="#">Caring for the Caregiver</a>	Wed, Oct 30, 2024, 12-1 pm ET
<a href="#">RELAX: Alternatives to Anger for Parents and Caregivers</a>	Fri, 11/1, 12:30-1:30pm ET
<a href="#">Brief Practices in Mindfulness</a>	Mon, 11/4, 11:30am – 12:30pm ET
<a href="#">Be Kind to Your Mind</a>	Wed, 11/6, 12-1pm ET
<a href="#">Keep Moving to Avoid Health Problems</a>	Mon, 11/11, 11:30am – 12:30pm ET
<a href="#">Smart Food Choices</a>	Wed, 11/13, 12-1pm ET
<a href="#">Changing Negative Self-Talk</a>	Mon, 11/18, 11:30am – 12:30pm ET
<a href="#">Sleep Basics</a>	Wed, 11/20, 12-1pm ET
<a href="#">Mindfully Feeding Infants and Toddlers</a>	Mon, 11/25, 11:30am-12:30pm ET
<a href="#">Mindful Eating</a>	Wed, 11/27, 12-1pm ET



**Other Series**

<p><a href="#">Wits Workout Series</a> Stress management, Socialization, Recall, Short-term memory, Long-term memory, focus &amp; attention, tips &amp; techniques</p>	<p>Mon, Oct 21 – Dec 2, 2024, 1:00-1:30 pm ET</p>
<p><a href="#">MSU Extension's Tips to Get You Through the Holidays</a> Mindful Eating Treats and Such, Enjoying Your Holidays on a Budget, Creative Crafts for Kids, Preserving Foods for Gifts</p>	<p>Thurs, Oct 31 – Nov 21, 2024, 12-1 pm ET</p>
<p><a href="#">National Diabetes Month Education Series</a> Diabetes Simplified, Diabetes Basics, Smart Food Choices, Keep Moving</p>	<p>Tues, Nov 5 – 26, 2024, 12-1 pm ET</p>



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For direct links to register for events, visit our Remote Learning Website.  
[https://www.canr.msu.edu/food\\_health/virtual-health-programs-calendar/](https://www.canr.msu.edu/food_health/virtual-health-programs-calendar/)