



01.08.2026

Online Health Programs 2026  
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), 231-592-9498

- [Chronic Disease Self-Management Toolkit](#), Wednesdays, Feb 18-Mar 25, 2026, 3:00-4:00 PM ET

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

- [Walk With Ease Self-Paced Series](#), Jan 19-Feb 23, 2026

**Tai Chi And Tai Chi for Better Sleep** Nicole Wethington, [wethingn@msu.edu](mailto:wethingn@msu.edu), 989-344-3264

- [Tai Chi for Better Sleep](#), Tuesday & Thursday, Feb 3-Mar 26, 2026, 9:00-10:30 AM ET

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

- [Mindfulness for Better Sleep Series](#), Wednesday, Feb 11-Mar 18, 2026, 8:30-10:00 AM ET

**RELAX: Alternatives to Anger Series** Georgina Guzman, [gguzman@msu.edu](mailto:gguzman@msu.edu), 616-632-7884

- [RELAX: Alternatives to Anger Series](#), Wednesday, Feb 25-Mar 18, 2026, 11:00 AM-12:00 PM ET



**Sleep Education Classes** Liz Williams, [Josaitis@msu.edu](mailto:Josaitis@msu.edu), 586-909-9631

- [Sleep Education for Everyone](#), Mondays, Feb 2-Mar 9, 2026, 2:00-2:30 PM ET

**A Matter of Balance** Nicole Wethington, [wethingn@msu.edu](mailto:wethingn@msu.edu), 989-344-3264

- *Classes to be added soon*

**One Time Presentations/Lunch & Learns**

- [Coffee Hour: Be Kind to Your Mind](#), Tuesday, Jan 13, 2026, 8:30-10:00 AM ET
- [Brief Practices in Mindfulness](#), Wednesday, Jan 21, 2026, 2:00-3:00 PM ET
- [Mindfulness for Children: Teaching Kids Mindfulness](#), Tuesday, Jan 27, 2026, 10:00-11:30 AM ET
- [Teaching Kids Mindful Eating](#), Tuesday, Jan 27, 2026, 6:30-7:30 PM ET
- [Type 2 Diabetes Basics](#), Friday, Jan 30, 2026, 2:00-3:00 PM ET
- [Lifestyle Strategies to Boost Brain Health](#), Thursday, Feb 12, 2026, 12:00-1:00 PM ET

**Other Series**

- [StrongerMemory](#), Mondays, Jan 12-Mar 30, 2026, 1:00-1:30 PM ET
- [Keys to Embracing Aging Series](#), Tuesdays, Jan 20-Feb 24, 2026, 11:30 AM-12:15 PM ET
- [Winter Wellness Series](#), Thursdays, Jan 29 and Feb 5 & 12, 2026, 12:00-1:00 PM ET



To explore and register for other health classes, visit the website for our [virtual event calendar](#).

