



06.03.2026

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, 231-592-9498

- [Chronic Disease PATH Toolkit](#), Tuesdays, July 14-Aug 18, 2026, 11:00 AM-12:00 PM ET
- [Chronic Pain PATH Toolkit](#), Tuesdays, July 14-Aug 18, 2026, 12:30-1:30 PM ET
- [Chronic Disease PATH Toolkit](#), Wednesdays, Aug 5-Sept 9, 2026, 10:00-11:00 AM ET
- [Chronic Pain PATH Toolkit](#), Wednesdays, Aug 5-Sept 9, 2026, 1:00-2:00 PM ET

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

- [Walk With Ease \(Self-Directed\)](#), June 8-July 13, 2026

Tai Chi And Tai Chi for Better Sleep Nicole Wethington, wethingn@msu.edu, 989-344-3264

- [Tai Chi for Better Sleep](#), Mondays & Wednesdays, July 6-Aug 26, 2026, 12:00-1:30 PM ET
- [Seated Tai Chi for Better Sleep](#), Mondays & Wednesdays, July 6-Aug 26, 2026, 2:00-3:30 PM ET

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

- [Stress Less with Mindfulness](#), Tuesdays, June 23-July 21, 2026, 2:00-3:00 PM ET
- [Mindfulness for Better SLEEP](#), July 14-August 18, 2026, 9:00-10:30 AM ET

RELAX: Alternatives to Anger Series Georgina Guzman, gguzman@msu.edu, 616-632-7884

- [RELAX: Alternatives to Anger](#), Mon-Thurs, June 22-25, 2026, 12:00-1:00 PM ET
- [RELAX: Alternatives to Anger](#), Tues-Fri, June 23-26, 2026, 11:00 AM-12:00 PM ET
- [RELAX: Alternatives to Anger](#), Tuesdays, July 7-28, 2026, 12:00-1:00 PM ET



Sleep Education Classes Liz Williams, Josaitis@msu.edu, 586-909-9631

- [Sleep Education for Everyone \(SLEEP\)](#), Wednesdays, June 10-July 15, 2026, 12:30-1:00 PM ET

A Matter of Balance Nicole Wethington, wethingn@msu.edu, 989-344-3264

- *Classes to be added soon*

Other Series

- [Wits Workout](#), Mondays, Apr 6-June 29, 2026, 1:00-1:30 PM ET
- [Keys to Embracing Aging](#), Wednesdays, July 22-August 26, 2026, 11:00 AM-12:00 PM ET

One Time Presentations/Lunch & Learns

- [Mindfulness for Children: Teaching Kids Mindfulness](#), Tuesday, June 9, 2026, 10:00-11:30 AM ET
- [Type 2 Diabetes Basics](#), Tuesday, June 9, 2026, 2:00-3:00 PM ET
- [Lunch Hour Webinar: Changing Negative Self-Talk](#), Wednesday, June 10, 2026, 11:30 AM-12:30 PM ET
- [Evening Webinar: Brief Practices in Mindfulness](#), Thursday, June 11, 2026, 6:30-7:30 PM ET
- [Maintaining Health During Challenging Times](#), Wednesday, June 17, 2026, 9:30-10:30 AM ET
- [Lunch & Learn: Maintaining Health in Challenging Times](#), Wednesday, June 17, 2026, 11:30 AM-12:30 PM
- [Teaching Kids Mindful Eating](#), Friday, June 26, 2026, 1:30-3:00 PM ET
- [Coffee Hour: Teaching Kids Mindfulness](#), Tuesday, June 30, 2026, 8:30-9:30 AM ET

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

