MICHIGAN STATE UNIVERSITY | Extension

Online Health Programs - Winter 2024

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 "hot links" to register for any of the following classes.

Online Classes:

A Matter of Balance
A Matter of Balance, Tuesdays & Thursdays, Jan. 9, 2024 through Feb. 6, 2024, 9:30-11:30am ET
A Matter of Balance, Wednesdays, Jan. 17, 2024 through Mar. 6, 2024, 1-3pm ET

Chronic Disease Self-Management Program
Chronic Pain PATH Telephone Workshop, Tuesdays, Jan. 23, 2024 through Feb. 27, 2024, 11am-12pm ET
Chronic Pain PATH, Thursdays, Jan. 25, 2024 through Feb. 29, 2024, 1:30-3:30pm ET
Chronic Disease PATH, Thursdays, Feb. 1, 2024 through Mar. 7, 2024, 10am-12pm ET
Diabetes PATH, Tuesdays, Feb. 20, 2024 through Mar. 26, 2024, 1:30-3:30pm ET
Chronic Disease PATH Telephone Toolkit, Wednesdays, Feb. 28, 2024 through April 3, 2024 1-2:00pm ET
Chronic Pain PATH, Mondays, Mar. 4, 2024, through April 15, 2024, 2-4pm ET
Diabetes PATH, Wednesdays, March 13, 2024 through April 17, 2024, 1:00-3:00pm ET

Mindfulness Classes
2024 Healthy Lifestyle Choices, Mondays & Wednesdays, Jan. 15 through March 6, 2024, 10-11:30am ET
Stress Less with Mindfulness, Tuesdays, Jan. 23, 2024, through Feb. 20, 2024, 6-7pm ET
Stress Less with Mindfulness, Tuesday & Thursdays, Jan. 23, 25, 30, Feb. 1 & 6, 2024, 1-2:00pm ET
February Self-Care Series, Thursdays, Feb. 8, 2024, through Feb. 29, 2024, 12-1pm
Stress Less with Mindfulness, Daily, March 18 through March 22, 2024, 1:30-2:30pm ET

Powerful Tools for Caregivers Program
Powerful Tools for Caregivers: Tuesdays, Feb. 20, 2024 through March 26, 2024, 1:00-2:30pm ET

RELAX: Alternatives to Anger Education
RELAX Alternatives to Anger, Wednesdays, Jan. 10, through Jan. 31, 2024, 10-11:30am ET
RELAX Alternatives to Anger, Thursdays, Jan. 4, through Jan. 25, 2024, 8-9:30am ET
RELAX Alternatives to Anger, Tuesdays and Thursdays, Jan. 23, 25, 30, Feb. 1, 2024, 8-9am ET
RELAX Alternatives to Anger, Daily, Feb. 19 through Feb. 22, 2024, 1:30-2:30pm ET

SLEEP Education Classes
Sleep Education for Everyone, Fridays, Jan. 12, 2024, through Feb. 16, 2024, 12-12:30pm ET
Sleep Education for Everyone, Thursdays, Jan. 18, 2024, through Feb. 22, 2024, 10-10:30am ET
Sleep Education for Everyone, Thursdays, Jan. 25, through Feb. 29, 2024, 9:30-10am ET
Sleep Education for Everyone, Wednesdays, Feb. 7, 2024, through Mar. 13, 2024, 7:30-8pm ET

Tai Chi Classes
Tai Chi for Arthritis & Fall Prevention, Tue. & Thu., Jan. 9, 2024, through Mar. 7, 2024, 9-10am ET
Tai Chi for Arthritis & Fall Prevention, Mon. & Fri., Jan. 10, 2024, through Mar. 8, 2024, 7-8am ET
Tai Chi for Arthritis & Fall Prevention, Mon. & Wed., Jan. 22, 2024, through Mar. 13, 2024 9-10am ET

Walk with Ease Classes
Walk with Ease, Jan. 8, 2024, through Feb. 12, 2024, Self-Paced, Weekly communication via email
Walk with Ease, Feb. 5, 2024, through March 11, 2024, Self-Paced, Weekly communication via email

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