



MSU Extension Online Resources for Our Northern Michigan Community

MSU Extension Remote Learning & Resources Website - [Click Here!](#)

ONLINE PROGRAMMING:

[Diabetes Prevention Program](#)

[Home Vegetable Gardening 101](#)

[Emergency Preparedness for Seniors](#)

[Food Safety Q&A](#)

[Mindfulness for Better Living Lunch and Learns](#)

[Building Early Emotional Skills](#)

[Safe Foods = Healthy Kids](#)

[Food Preservation Series](#)

For Youth

[Unsolved Mysteries](#)

[Cooking with Kristi](#)

[Wild & Crazy Careers](#)

[Life of the Straights: Winter](#)

[Virtual Vet Science](#)

[ASL Beginners Series](#)

[Investigating Food w/ Science](#)

[League of Clovers](#)

[Chocolate Covered Clovers](#)

Sustainable Living & Leadership Series

See page 2

Health, Wellness & Relationships

Everyday [Mental Health Tips](#)

[Planning ahead](#) to save money

Alternatives ways to [manage chronic pain](#)

[Potential risks](#) of opioid use and what you can do

[Managing relationships](#): youth, parents, family, caregivers, community

Health programs for [veterans living with chronic pain](#)

Food & Nutrition

MSU Extension Food Safety Hotline: 1-877-643-9882 bit.ly/2ICA3qH

Make breakfast better: Three tips for [healthy morning meals](#)

[Foodborne illness](#) in children and what you can do to prevent it

[Parsnip fries](#) are a great side at any meal!

[Eat Healthy, Be Active](#): 6-week nutrition, physical activity program

Youth Wellness & Learning

[Educational resources](#) for parents, teachers and homeschool families

[Adulthood 101](#): demystify the obscure reality of being an “adult”

All about pollinators! [Bees](#) [Butterflies](#) [Hummingbirds](#)

Guiding Principles for [Highly Successful Parenting](#)

[Is it too cold](#) to go outside to play?

High School [Climate Change Symposium](#)

[GL^2](#) - a series of online lectures covering a variety of topics, directed to high-school students, their families, and adults

Community Resources

Understanding Soil PH - [Part I](#) and [Part II](#)

Delinquent [property tax help](#) for Michigan homeowners

Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

Grand Traverse County MSU Extension [Website](#) & [FaceBook Page](#)



Sustainable Living & Leadership Series

Join Purdue University, Michigan State University, and the University of Florida Extension to learn how you can lead a more sustainable lifestyle.

- Together we will explore topics such as energy, water and food, and we will learn how these three work together as a system.
- We will delve into the U.S. economy and how our consumption of goods impacts our world.
- You will discover ways to take action in your home and your community to reduce your footprint and increase your handprint.
- Learn how people across the country are making a difference for their communities.

The Sustainable Living & Leadership Series meets ONLINE every other week on Tuesdays at 6:15 PM to 8:30 PM EDT.

Course Dates: February 23, March 9, 23; April 6, 20; May 4, 18

Register by February 9, 2021 to receive the Early Bird rate of \$100
Use PROMO CODE: **SLLS**

Class fee after February 9, 2021 is \$125

[Register Here!](#)

A limited number of scholarships are available. To apply for the scholarship rate, email your request to Bethany Prykucki at prykucki@msu.edu