Health, Wellness & Relationships
Sour mood getting you down? Get back to nature
Physical activity can improve the health and well-being of older adults
7 Reasons to Sweat Outdoors: Taking your workout out the door
Emotions - positive or negative - are contagious!
It’s hot! Keeping your 4-legged friends cool this summer

Food & Nutrition
Food Safety: A Summer Without Salmonella
Arugula - fun to say and oh, so good for you! How to use it
My Way to Wellness: learn everything from meal planning to food labels
Eating fruits and vegetables provides health benefits! Tips on how to liven up your meals and focus on whole fruits
Enjoy summer produce while keeping food safety in mind

Youth Wellness & Learning
Your weekly dose of fun and learning! Online learning for youth
Terrific Turtles of the Great Lakes with Michigan Sea Grant
Jams & Jellies & Pickles: Virtual Hands-On Youth Food Preservation
Six essential life skills that help young children grow to be successful
Need something new for your kids to do? Check out all these virtual tours of National Parks, preserves, monuments, historic sites, and more!
The more curious a child is, the more they learn! Developing curiosity

Community Resources
High Water on the Great Lakes: Options for Shore Protection and Stabilization - Information and Webinar Opportunity
Michigan Insects in the Garden: Bee Flies
Caring for your lawn in summer: Lawn Irrigation and Crabgrass Control

Connect online for more programs and resources
MSU Extension Online Events Schedule
Grand Traverse County MSU Extension Website & FaceBook Page

ONLINE PROGRAMMING:
Local Lawn & Garden Q&A
Every Wednesday, 11am-1pm (see page 2 for details)

Food Safety Q&A
Upcoming: Kitchen Thermometers

Fishing 101

Mindful Educators

Food Safety @ the Food Pantry

Effective Online Meetings

Summer Fun (and Safety)

Backyard Conservation Series

Parenting Webinar Series

Homeownership Education

Home Food Preservation - Dehydrating

For Youth:
MI Forestry Scavenger Hunt
Fun & Learning on Thursdays
Jam & Pickling Online Workshop

For Older Youth:
Teen Spokesperson Virtual Camp
Summer Movie Series

Venture to Adventure: Outdoor Careers

MSU Extension Remote Learning & Resources Website - Click Here!

Grand Traverse County MSU Extension Website & FaceBook Page

Updated 7-16-2020

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.
LAWN & GARDEN Q&A
with Extension Master Gardeners
& Dr. Nate Walton
Every Wednesday
11am - 1pm
live via Zoom

Connect here!