Health, Wellness & Relationships
For months we’ve been reading warnings that the coronavirus pandemic could make us lonely. But now researchers have good news.
Balance is about navigating your daily life - 10 way to bring balance
Monitoring our mental health during the COVID-19 pandemic
Managing Farm Stress: Working women - the backbone of family farms

Food & Nutrition
Summery fresh and so easy to make - Black Bean Corn Salad
Check out the MI Health Matters YouTube channel for recipe and physical activity videos
A new Home Food Preservation Series is starting soon - Register now!
Is this food still good? Know if food in your pantry is still safe.
Make sure you are storing your produce in the proper place
Budget-friendly foods to keep in your home

Youth Wellness & Learning
Your weekly dose of fun and learning! Online learning for youth
Is your high school youth not quite sure what career path to take? Explore a variety of exciting Undergrad Majors and find one that fits!
Project F.I.S.H. videos: beginner casting, making spinner and hanger hooks, pop can reels, and more!
Do you know the proper serving sizes for your child?
Ages 1-2 Ages 3-5 Ages 6-12 & 13-18

Community Resources
How to start a successful food business in Michigan
Be careful what you flush! Things to consider
New, free poison ivy bulletin available for ID, control and more

Connect online for more programs and resources
MSU Extension Online Events Schedule
Grand Traverse County MSU Extension Website & Facebook Page
LAWN & GARDEN Q&A
with Extension Master Gardeners
& Dr. Nate Walton
Every Wednesday
11am - 1pm
live via Zoom

Connect here!