# Online Programming:

<table>
<thead>
<tr>
<th>Category</th>
<th>Programs/Topics</th>
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| Health, Wellness & Relationships | - Self-care for parents and caregivers  
                                   - Activities for seniors, like jigsaw puzzles  
                                   - It's time for a financial wellness check  
                                   - Nature's Role in Mental Illness: Prevention or Treatment?  
| Food & Nutrition              | - Common Myths and Facts About Plant-Based Eating  
                                   - Hacking Your Snacks  
                                   - Local Crop Spot: Blueberries  
                                   - Shop safely at the Farmer’s Market  
                                   - The easiest, best method for how to cut a watermelon into cubes! Plus tips on selecting, storing and using this refreshing summer treat  
                                   - Too many cucumbers? Try this Freezer Pickle recipe! |
| Youth Wellness & Learning     | - Your weekly dose of fun and learning! Online learning for youth  
                                   - Play through the ages: 6 to 12 months  
                                   - Opportunity 4 All Forum: Creating opportunities for all youth  
                                   - Indoor fitness, bike safety, virtual camp, DNA, creative writing and more!  
                                   - Amphibians and Reptiles - what's the difference? |
| Community Resources           | - Elections and COVID-19: Safe voting during a pandemic  
                                   - Michigan Insects in the Garden: Great golden digger wasp  
                                   - Got a tick question? Lyme Disease in Michigan has helpful information and instructions on how to submit a picture or sample for identification |

## 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!