ONLINE PROGRAMMING:

Health, Wellness & Relationships
- Puzzles - the antidote to burnout?
- Grandparents have an important role to play in pandemic home life
- How the pandemic brought on a fitness revolution
- Meditation can help you 'Relax Into The Uncertainty' of the pandemic
- How to keep quarantine from ruining your marriage

Food & Nutrition
- Does all food need a label? What to look for if you are buying local
- The benefits of red produce, plus Tomato & Strawberry Jam recipe
- 6 Easy Ways to Use Leftover Vegetables
- Take advantage of delicious Michigan-grown bounty with tips, recipes, and preserving know-how from Michigan Fresh

Youth Wellness & Learning
- 5 Misconceptions About Kids and Sunscreen
- Your weekly dose of fun and learning! Online learning for youth
- At-home nature activities featuring Lake Michigan
- Healthy ways to stay cool on a hot summer day in Northern Michigan
- Great Lakes Bioblitz!
- Mars Base Camp 4-H STEM Challenge Kits now available!

Community Resources
- Extension Extra Enrichment Kits: At-home learning kits for agencies, schools, child care centers or other groups to share with families
- Michigan Insects in the Garden: Fireflies
- Smart Gardening with Vegetables 101: Summer Maintenance
- 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

Join the Virtual 4-H Livestock Auction - see pg 3
LAWN & GARDEN Q&A
with Extension Master Gardeners
& Dr. Nate Walton
Every Wednesday
11am - 1pm
live via Zoom

Connect here!
Please join us for our virtual 4-H auction!

Many 4-H youth in our 5-county region have worked throughout the past year on their 4-H projects, and though not the same as the county fair, the Northwest MI 4-H Livestock Council Virtual Auction will provide them with a space to demonstrate their knowledge and skills, as well as market and sell their projects.

As a buyer in the 4-H Virtual Auction, your tax-deductible purchase helps support not only the individual 4-H member, but also education, events, scholarships, and more for all local 4-H youth and volunteers.