ONLINE PROGRAMMING:

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

Social Media for Business
Laughter is the Best Medicine
Powerful Tools for Caregivers
Food Safety Q&A
Upcoming: Drying & Storing Herbs
Prepare Your Farm for Tax Season Now
Food Preservation Series
Summer Fun … Safely!
Mindful Educators
Parenting Extras: Learning to Talk

For Youth:
Padawan Training Club
Cue the Monarchs
Life of the Straights 2020
Fun & Learning on Thursdays

For Older Youth:
Teen Spokesperson Virtual Camp
Adulting 101: Job Success, Mindfulness, Nutrition
Summer Movie Series
Venture to Adventure: Outdoor Careers

Health, Wellness & Relationships

Effective Goal Setting: Bridging from Current Reality to Desired Future
Need a Happiness Boost? Proven techniques to feel better
Ideas to make physical activity a regular part of your day
10 Tips: Be a Healthy Role Model for Children
Be prepared: Create a family emergency plan
Nine key financial strategies for recovery after a disaster

Food & Nutrition

Use in-season fruit to try a yummy twist on fresh, homemade salsa:
Southwestern Nectarine and Peach Salsa or Strawberry Salsa
EatRight.org has lots of resources on food, nutrition and health!
Kids as Kitchen Helpers: how to really get your kid to try new foods
You don’t need multiple pots and pans to cook healthy - Start Simple
Grocery Budget Calculator from Spend Smart. Eat Smart

Youth Wellness & Learning

Your weekly dose of fun and learning! Online learning for youth
13 great STEM careers in rural areas
Older Youth: Prepare ahead financially to move out on your own
Keep Children Safe This Summer!
Talking to kids about discrimination

Community Resources

High Water on the Great Lakes: Options for Shore Protection and Stabilization - Information and Webinar Opportunity
Michigan Insects in the Garden: Mayflies
MiSUPER: Michigan Substance Use Prevention, Education, and Recovery project brings resources to underserved adults

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

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LAWN & GARDEN Q&A
with Extension Master Gardeners
& Dr. Nate Walton
Every Wednesday
11am - 1pm
live via Zoom

Connect here!