



MSU Extension Online Resources for Our Northeast Michigan Community

MSU Extension Remote Learning & Resources Website - [Click Here!](#)

Health, Wellness & Family

[Maintaining physical health during Covid-19](#)– How to manage your health during challenging times

[Baby sign language: A helpful communication tool](#)– Babies can learn and use sign language as a life skill, enabling them to benefit from its communication advantages

Food & Nutrition

[Squash is plentiful in the fall](#)– Winter squash becomes readily available in gardens and farmers markets in the fall

[What's missing on the grocery store shelf?](#)– We've all noticed changes in what's available at the grocery store. Out of stock rates are up and prices are changing

[Science behind food preservation methods](#)– Why have food preservation times, pressures, and approved methods changed?

Youth Wellness & Learning

[Virtual community service projects](#)– Give back to the community while keeping a safe distance

[Have you ever wondered?](#) - Do you run faster with or without shoes? Why do some animals use camouflage? Do all apples taste the same? Teaching Science When You Don't Know Diddly-Squat helps youth discover answers to questions like these

ONLINE PROGRAMMING

To learn more about any of these programs, click on the link for more information

10/1– 10/22 (Thursdays)- [RELAX: Alternatives to Anger](#)

10/2– [Make a Spending Plan Work for You!](#)

10/5– 11/2 (Mondays)- [Guiding Principles for Highly Successful Parenting Webinar Series](#)

10/5– 10/9– [Stress Less with Mindfulness](#)

10/5– 11/9 (Mondays)- [Diabetes PATH](#)

10/6– [Working Together to Develop Early Literacy Skills \(Infant– Toddler\)](#)

10/7– [Student Loan Repayment Webinar](#)

10/8– 11/19 (Thursdays)– [Michigan Water School](#)

10/8– [Preserving Your Harvest: Preparing Soups for Winter](#)

10/12– 10/26 (Mondays)- [Adulting 101 Fall Series](#)

10/12– 10/15– [RELAX: Alternatives to Anger](#)

10/13– 12/17 (Tuesdays & Thursdays)- [Tai Chi for Arthritis & Fall Prevention](#)

10/13– [Setting the Stage: Early Emotional Health in Young Children](#)

10/15– [Preserving Your Harvest: Making Applesauce](#)

10/22– [How Much Home Can You Afford?](#)

10/26– 10/29– [RELAX: Alternatives to Anger](#)

10/27– [Screen Time for Young Children](#)

10/29– [Preserving Your Harvest: Preserving Venison](#)

ONGOING PROGRAMS:

[Smart Gardening with Vegetables 101 Webinar Series](#)

[Rural Resistance: Farm Stress Training](#)

[MI Paddle Stewards: Restore Our Waters](#)

Connect on Facebook for more programs and resources:

[MSU Extension District 4](#)

[MSU Extension MI Stronger Family](#)

[Gardening in Michigan](#)

[MI Money Health](#)