



ONLINE Disease Prevention & Management Workshops

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Caregiving

Powerful Tool for Caregivers Tuesdays
from 10:00-11:30 am ET October 24-
November 28, 2023

The six-week workshop equips caregivers with a range of self-care tools to help them reduce personal stress and communicate effectively with family members and healthcare providers. To register for the workshop, click here: <https://events.anr.msu.edu/PTCOctNov2023/>

Brain Health

Weekly Wits Workout
Mondays from 10:00-10:30 am ET
October 2-November 20, 2023

The seven-week, interactive program is geared toward adults 55 and older but all adults are welcome. A new brain health topic is discussed each week along with an activity to challenge memory, recall, and problem-solving skills. This is the same workshop offered since 2021. To register for the workshop, click here: <https://events.anr.msu.edu/WitsWorkoutOctNov2023/>

StrongerMemory
Wednesdays from 3:00-3:30 pm ET
October 25, 2023-January 17, 2024

The program consists of simple activities practiced daily to engage the working memory and trigger brain activity. The 30-minute sessions allow participants to connect, engage, and share their progress. Weekly attendance is highly recommended. To register for the workshop, click here: <https://events.anr.msu.edu/StrongerMemoryOct23Jan24/>

Falls Prevention

Tai Chi for Arthritis and Falls Prevention, Part II (must have completed Tai Chi Part I)
Wednesdays from 7:00-8:00 am ET
October 11-December 13, 2023

This ten-week series introduces participants to 12 new movements. You must have completed Tai Chi Part I before you sign up for this series. To register for the workshop, click here: <https://events.anr.msu.edu/TaiChiPartIIWed7am/>

General Well-Being

SLEEP: Sleep Education for Everyone Program
Tuesdays from 9:00-9:30 am ET
November 7-December 12, 2023

This six-week series is designed to help participants get more and better sleep. To register for the workshop, click here: <https://events.anr.msu.edu/SLEEPNovDec2023/>

Mindfulness for Wellbeing
Mondays from 6:00-8:00 pm ET
October 23-December 11, 2023

The eight-week class is designed to walk you through everything you need to fully understand mindfulness and experience the profound effects it can have on your life. To register for the workshop, click here: <https://events.anr.msu.edu/OnlineMWBOctDec2023/>