

## About Us

*For more than 100 years, MSU Extension has helped Michigan residents by equipping them with the skills they need to do their jobs better, raise healthy and safe families, build their communities and empower Michigan's children to plan for a successful future.*

### Who we are

We are experts and educators who provide a continued presence in communities across the state. We work in partnership with experts in these communities and within MSU to address issues of concern to people in Michigan.

MSU Extension staff throughout the state deliver high-quality, affordable education through focused and specialized programs serving the needs of children, youth, families, communities and businesses across Michigan.




**MICHIGAN'S  
HEALTH  
MATTERS**

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*MSU Extension Health & Nutrition*

# Supporting family well-being

Faith-based organizations have a role to play in supporting the health and well-being of their members. Promoting positive choices and healthy minds, bodies and relationships not only helps individuals and families, but also strengthens congregations as well.

Michigan State University (MSU) Extension offers educational programs that empower people to make positive choices and move toward well-being.

Our programs teach healthy relationships and parent education, good health at every stage of life, nutrition and food safety, management of diabetes and other chronic diseases — and more.

## Expert resources in your community

We are educators, helping people improve their lives by bringing MSU's vast knowledge and resources directly to individuals, families and communities. Our programs are appropriate for all income levels and family situations.

We're local, accessible and ready to work with you and your parishioners on relevant health issues.

## Impact-driven programs

MSU Extension offers effective and evidence-based programs that lead to measurable behavior change.



“As a result of your program, our adults are more open to understanding young people, and the youth seem to better recognize how much concern and care the adults have for their safety.”

— Youth group leader,  
Be SAFE: Safe, Affirming and Fair Environments

“Before I started this class, I was on two different types of blood pressure medicine, and I am younger than age 30. Now I am extremely happy to say that I am on no type of blood pressure medicine.”

—National Diabetes Prevention Program participant

## Increasing parishioners' health through:

- Nutrition
- Physical Activity
- Food Safety
- Disease Prevention & Management
- Healthy Relationships



Find out more about how **MSU Extension** can assist you by calling 517-353-6674.