



VETERANS OUTREACH

Michigan State University Extension provides veterans with programs and services that support personal and financial wellness. Whether you served decades ago or are recently discharged, MSU Extension wants to support the success of you, your family and your business.

VETERANS PROGRAMMING

Supplemental Nutrition Assistance Program (SNAP) Outreach for Veterans



MSU Extension staff explain the SNAP food assistance program using veteran tailored materials and offer enrollment assistance as needed. To request free SNAP Outreach materials (brochures, vegetable seeds), order at <https://bit.ly/SNAPOutreachForVets>

Individuals can also contact the Food Bank Council of Michigan's Food and Other Resources (F.O.R) Helpline at **888-544-8773** for additional assistance.

Heroes to Hives Program

Heroes to Hives is a unique program offered through Michigan State University Extension, Michigan Food and Farming Systems and our partner Universities that seeks to address financial and personal wellness of veterans through FREE professional training and community development centered around beekeeping.

Veterans leave our program with a broad depth of beekeeping knowledge, as well as personal and professional relationships that open up new opportunities and ensure long-term peer support. Our students understand the importance of pollinators in US agriculture and stand to protect managed honeybees through small-scale sustainable beekeeping operations.

<https://www.canr.msu.edu/veterans/Veterans-Programming/Heroes-to-Hives>



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SERVICES FOR VETERANS

It is our goal to ensure no veteran is left behind and that our services and programs assist you to find health, stability, and prosperity.

MSU Extension offers numerous programs, educational resources, and events focused on a diverse set of areas, including:

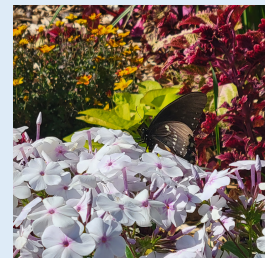
- 4H
- Agriculture
- Business
- Community
- Family
- Food and Health
- Lawn & Garden
- Natural Resources

MSU Extension's Veterans Therapy Garden

The Veteran Therapy Garden allows participants to engage in activities and programming to reduce stress, promote sensory engagement, and provide an environment that facilitates resilience.

A team of volunteers from MSU Extension's Master Gardeners of Southwest Michigan provide support to ensure the garden is expertly maintained.

Call for more information at **269-657-8213 x1** or visit this collaborative community gathering place at:
**801 Hazen St.,
Paw Paw, MI.**



For more information about MSU Extension's veterans programs, find us online!
<https://www.canr.msu.edu/veterans>

Like us on Facebook!
www.facebook.com/msueveterans



Health and Nutrition Programs

Mindfulness for Better Living programs can help you manage your stress and live a better, healthier life.
<https://www.canr.msu.edu/mindfulnessforbetterliving>

PATH (Personal Action Toward Health) is a six-week workshop designed to support individuals who face daily challenges of living with chronic conditions
<https://www.canr.msu.edu/path>

Falls Prevention: A Matter of Balance and Tai Chi for Arthritis and Falls Prevention can help you exercise and reduce the fear of falling.
<https://www.canr.msu.edu/falls-prevention>

Powerful Tools for Caregivers. Learn a range of self-care tools to help reduce personal stress and providers.
<https://www.canr.msu.edu/powerful-tools-for-caregivers>

Managing Farm Stress. Taking care of crops and animals is hard on farmers and agribusiness professionals. Caring for your own health and wellness in this high-stress profession is often overlooked but is just as critical as caring for your farm business.
https://www.canr.msu.edu/managing_farm_stress

Mental Health First Aid is a certification course that teaches adults (18+) how to assist other adults experiencing a mental health challenge or crisis. Register for a training at <https://bit.ly/MHFAatMSUE2>

My Way to Wellness is an online, self-paced nutrition course that teaches everything from meal planning to reading food labels!
https://www.canr.msu.edu/my_way_to_wellness

Michigan Fresh helps you find tips on growing, handling and preserving as well as healthful recipes to take advantage of the delicious Michigan-grown bounty from your backyard https://www.canr.msu.edu/mi_fresh

For more health programs and resources, explore:
https://www.canr.msu.edu/food_health

Check out upcoming EVENTS at
<https://bit.ly/HNIEvents>
 or scan the QR code



For more, LIKE us on Facebook at
<https://www.facebook.com/mihealthmatters>

Children & Family Programs

Military 4-H Clubs

As military families move frequently and experience the difficulties surrounding lengthy and frequent deployments, 4-H provides predictable programming and a safe and nurturing environment for military kids.
https://www.canr.msu.edu/4h_military_families/index

MI Money Health

MSU Extension provides resources and education on money management, foreclosure prevention, buying your own home, retirement planning and more to help you and your family be more financially healthy.
<https://www.canr.msu.edu/mimoneyhealth>

RELAX: Alternatives to Anger

This program helps adults, parents, and caregivers understand and manage anger and stress, and develop the communication and problem-solving skills needed for healthy relationships.
https://www.canr.msu.edu/alternatives_to_anger

Master Gardener Program

This is an adult horticulture education and volunteer leader training program committed to improving science-based horticulture information in communities throughout the state.
https://www.canr.msu.edu/master_gardener_volunteer_program

Got Questions? Ask Extension: <https://www.canr.msu.edu/outreach/ask-an-expert>