



# Upper Peninsula My Way to Wellness

2025 Online Classes

Sign up now at: <https://tinyurl.com/UPMWTW>

or scan:



Cost: Free

**Eligibility:\***

18 years or older  
Live in Michigan's  
Upper Peninsula

**Questions?**

Contact Erin  
([etigue@msu.edu](mailto:etigue@msu.edu))  
or Stephanie  
([ostrenga@msu.edu](mailto:ostrenga@msu.edu))



Photo by vicki ballas msue

**Would you like to learn more about healthy eating and physical activity - on your own time?**

Try **My Way to Wellness**, a self-paced, online program that introduces

- making healthy food choices that work for you
- physical activity
- goal setting
- food safety
- reading food labels and more!

Registration includes up to 2 months' access to:

- 30-minute video lessons and interactive activities
- Support from an MSU Extension Community Nutrition Instructor
- Online discussion board with other participants

*\*UP Food as Medicine participants can earn an extra \$40 in vouchers by completing this class and taking the pre- and post-session surveys.*

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

Follow **MI Health Matters** from Michigan State University Extension on social media!

