



# UP My Way to Wellness

## 2023 Online Classes

**Cost:** Free

**Registration:** <https://events.anr.msu.edu/UPMWTW23/>

**2023 Sessions:**  
May-June  
July-August  
September-October  
November-December

**Eligibility:\***  
18 years or older  
Live in Michigan's  
Upper Peninsula

### Questions?

Contact Erin Biehl  
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Stephanie Ostrenga Sprague  
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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 taking this class*

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