

## 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**

**MICHIGAN STATE UNIVERSITY** | Extension

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*MSU Extension Health & Nutrition*



“ 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

## Healthy employees, healthy business

**Good health is good business. Individual and family wellness not only leads to happier employees— but also reduces absenteeism, increases productivity, and helps manage the cost of healthcare.**

**Michigan State University (MSU) Extension** offers affordable worksite wellness programs backed by documented results.

Our programs empower individuals to think of health in new ways and to make positive lifestyle choices, helping them achieve and maintain optimal health. We address the issues that concern your employees: building healthy relationships, planning healthy meals, preparing food safely, staying physically active, and preventing and managing diabetes and other chronic diseases..

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

### Expert resources in your community

We are educators, helping people improve their lives by bringing MSU's vast knowledge and resources directly to businesses 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 employees on relevant health issues.

### Impact-driven programs

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



### Increasing employee health through:

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