

Join Us Online



# ONLINE HEALTH PROGRAMS FOR MICHIGAN LIBRARY STAFF

January 11, 2pm EST • Maintaining Your Health  
During Challenging Times

February 8, 2pm EST • RELAX: Recognizing Anger Signals

March 8, 2pm EST • Mindfulness: Begin with a Breath

April 12, 2pm EST • Mindfulness: Kind Mind



This project was made possible in part by the Institute of Museum and Library Services.

Register: <https://events.anr.msu.edu/libmich1/>

**MICHIGAN STATE**  
UNIVERSITY

**Extension**