



VETERAN OUTREACH

MSU Extension provides veterans with programs and services that support personal and financial wellness. Whether you're currently serving, were recently discharged or served decades ago, MSU Extension wants to support the success of you, your family, and your business.

VETERAN 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 888-544-5773 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 that creates new opportunities. Our students understand the importance of pollinators in US agriculture and stand to protect managed honey bees 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:

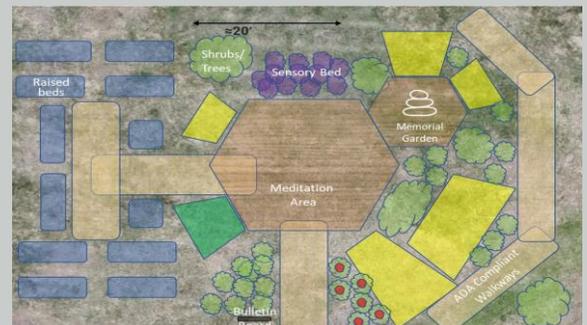
- Food and Health
- Agriculture
- Natural Resources
- Community

Veteran Therapy Garden

The Veterans Therapy Garden will provide a fully accessible space for participants to engage in evidence-based horticulture therapy.

Donate today and help build the flagship garden.

<https://givingto.msu.edu/crowdpower/veterans-therapy-garden>



Find us Online!

<https://www.canr.msu.edu/veterans>
<https://www.canr.msu.edu/outreach>

Like us on Facebook!

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MSU Extension Programs!

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>

Adult Mental Health First Aid is a skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge
<https://www.canr.msu.edu/mental-health-first-aid/adults>

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

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

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

For more health programs and resources, explore: https://www.canr.msu.edu/food_health, and LIKE us on Facebook: <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

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>