

Fall 2020 Lunch & Learn Schedule – We’ve Gone Virtual!



*Join us on
Zoom for our
Online
Lunch & Learn
Events!*

Each webinar will start at 11:00 am with presentations from 11:30 - 12:30 pm

You can join the webinar by **computer** to see and hear the presentation, or by **telephone** to listen to the presentation

RSVPs

are needed to attend.
Call 313-664-2616
and leave a voice message with you:

- Name
- Phone number
- Name of the webinar
- And how you will attend, by computer or phone

We will add you to the RSVP list and remind you with a phone call a few days before the event with the details to join.



Thursday, Sept. 24, 11:00 am - 12:30 pm



Stocking a Smarter Pantry

MSU Extension Community Nutrition Instructor Iteria Finley shows you how to stock up your pantry and freezer to be healthier and to save money! She'll share how to limit grocery store visits, how long food can be safely stored, properly thawing frozen food, cooking from frozen, and how to identify healthy pantry staples with long shelf lives.

Monday, Oct. 12, 11:00 am - 12:30 pm



Covid-19 & Flu Season

AARP is our partner on this tele-town hall event discussing what you need to know about Covid-19 and the flu season. Dr. Teena Chopra, WSU infectious disease expert, explains the difference between Covid-19 and the flu and how to prepare for the flu season. Dr. Jennifer Edwards-Johnson, a family medicine doctor and assistant professor at MSU College of Human Medicine, describes what she sees in her practice treating patients and what you need to know before visiting your doctor.

Thursday, Nov. 12, 11:00 am - 12:30 pm



Grief, Loss, and How to Cope

2020 has been an emotionally challenging year. Join us to learn about recognizing signs of grief and depression, how these emotions can impact us, and ways to embrace positive coping strategies. Speakers will be Dr. Peter Lichtenberg, director of WSU's Institute of Gerontology, Dr. Jennifer Johnson, clinical psychologist at MSU, and Dr. Kent Key, professor in MSU's College of Human Medicine.

Tuesday, Dec. 8, 11:00 am - 12:30 pm



Let's Talk Skin Care

Dr. Mari Paz Castanedo Tardan, dermatologist and assistant professor at the University Of Michigan School of Medicine, gives an in-depth presentation on skin health for many types of skin. She'll give special emphasis to maintain healthy skin as we age, the important differences in caring for African American skin versus other races, and more.