



Michigan State University Extension

For Immediate Release

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Date: March 16, 2018

Macomb County MSU Extension offers R.E.L.A.X. Alternatives to Anger

MSU Extension Macomb is offering R.E.L.A.X. Alternatives to Anger. Alternatives to Anger is an educational program from the MSU Extension Health and Nutrition Institute designed to promote social and emotional health and well-being in adults, parents, teens and caregivers who want to better manage their anger and stress at home or in the workplace. Program participants under the age of 18 must be accompanied by an adult. A certificate will be awarded to attendees at the completion of the program.

Alternatives to Anger will be held on Monday, March 26, 2018 from 5 to 9 p.m. at the MSU Extension Assembly Room, VerKuilen Building, Door E, 21885 Dunham Road, Clinton Township, MI 48036.

There is a \$25 charge for an individual or \$35 for a family to attend. Advance registration and payment is required. For questions or to register call 586-469-6440.

Michigan State University Extension (MSUE) brings educational programs to residents empowering them to improve their lives and community. County-based MSUE staff, in concert with on-campus faculty members, serve residents with programming focused on agriculture, natural resources, children, youth, families, community and economic development.

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