

FOR IMMEDIATE RELEASE
Aug. 21, 2008

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MSU Extension News Bulletins 8-21-08



MACOMB COUNTY

**Cooperative Extension
Service**

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County Extension Director

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*Michigan State University,
U.S. Department of
Agriculture, and Macomb
County Board of
Commissioners
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Residents can explore 'Alternatives to Anger'

Macomb County residents looking to better manage their emotions and deal with stress and anger are invited to attend a free, four-part program offered by Macomb County MSU Extension (MSUE).

Participants will learn what anger is and what triggers it, problem solving and stress management skills, communication and problem solving skills, and how to forgive and let go of the past.

Four sessions will be held from 6:30-8:30 p.m. Tuesdays, Sept. 9, 16, 23 and 30, at the MSUE offices, 21885 Dunham Road (near entrance E) in Clinton Township.

Although the program is free, an optional workbook is available for \$3.50. Anyone who attends all four parts will receive a certificate of completion.

Registration is required. For more info or to register, call 586-307-8952.

4-H Proud Equestrian Program seeks volunteers and participants

Macomb MSU Extensions (MSUE) is seeking both volunteers and participants for its 4-H Proud Equestrian Program where disabled children learn to ride horses.

The Proud Equestrian Program, which began in 2004, aims to help disabled children improve their balance, coordination, confidence and communication through learning horsemanship skills.

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Volunteers are needed to help with stable management, grooming, side walking, leading horses, volunteer recruitment, fundraising and marketing. Those wishing to volunteer must be at least 14 years old.

The program offers 45 minute riding lessons at 6:30 and 7:30 p.m. on Wednesdays, from Aug. 20 to Sept. 17, and from Sept. 24 to Oct. 22, at the Black Tie Ranch, 6376 Marsh Road in Marine City.

To learn how to become a volunteer or to register for lessons, call 586-469-6431.

For more information on any of the Macomb MSUE community programs including Children-Youth-Family, Agriculture and Natural Resources or Community and Economic Development, please call 586-469-5180, Monday through Friday from 8:30 a.m. to 5 p.m.

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