

A decorative border of colorful hot air balloons (purple, green, and orange) surrounds the text. The balloons are arranged in a rectangular frame, with a single row of 16 balloons at the top and bottom, and vertical columns of 16 balloons on the left and right sides.

## **MSU Extension Disease Prevention and Management Programs**

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Chronic diseases are among the most prevalent, costly, and preventable of all health issues. Leading a healthy lifestyle greatly reduces a person's risk for developing chronic disease. Access to high-quality and affordable prevention measures are essential steps in saving lives, reducing disability and lowering costs for medical care. MSU Extension provides education that helps Michigan citizens prevent and manage chronic diseases.

Three programs that address chronic disease are currently being offered through MSU Extension. Please contact Cathy Newkirk at 248-858-0888 if you would like to learn more about any of these programs, or to enroll in workshop.