



ADULTING 101



2026 Schedule

- **FRAUD FIGHTERS - JANUARY 21 AT 6:30 PM**
- **INFORMED RENTER - FEBRUARY 19 AT 5:00 PM**
- **SLEEP WELLNESS - MARCH 4 AT 5:30 PM**
- **EAT SMART: HEALTHY MEALS ON A BUDGET - APRIL 13 AT 5:00 PM**
- **COOKING WITH CONFIDENCE - MAY 18 AT 6:30 PM**
- **AI AND YOU: SMART, SAFE & SAVVY - JUNE 11 AT 6:00 PM**
- **THINK BEFORE YOU CLICK - JULY 8 AT 6:00 PM**
- **ROADMAP TO A SMART USED CAR PURCHASE - AUGUST 12 AT 5:00 PM**
- **ARE YOU READY? - SEPTEMBER 23 AT 5:00 PM**
- **MENTAL HEALTH TOOLKIT - OCTOBER 7 AT 6:00 PM**
- **REALITIES OF ANIMAL CARE - NOVEMBER 12 AT 7:00 PM**

***ALL TIMES LISTED ARE EASTERN STANDARD TIME**



Free on Zoom

<https://events.anr.msu.edu/adulting2026/>