



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/>

MICHIGAN STATE UNIVERSITY EXTENSION PROGRAMS AND MATERIALS ARE OPEN TO ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, GENDER, GENDER IDENTITY, RELIGION, AGE, HEIGHT, WEIGHT, DISABILITY, POLITICAL BELIEFS, SEXUAL ORIENTATION, MARITAL STATUS, FAMILY STATUS OR VETERAN STATUS. ISSUED IN FURTHERANCE OF MSU EXTENSION WORK, ACTS OF MAY 8 AND JUNE 30, 1914, IN COOPERATION WITH THE U.S. DEPARTMENT OF AGRICULTURE. QUENTIN TYLER, DIRECTOR, MSU EXTENSION, EAST LANSING, MI 48824. THIS INFORMATION IS FOR EDUCATIONAL PURPOSES ONLY. REFERENCE TO COMMERCIAL PRODUCTS OR TRADE NAMES DOES NOT IMPLY ENDORSEMENT BY MSU EXTENSION OR BIAS AGAINST THOSE NOT MENTIONED.