



# Free Virtual Classes for all Michiganders 55+



The Michigan Department of Health and Human Services and the Library of Michigan have partnered with GetSetUp to provide free virtual classes for older adults taught by peers - ask questions, make new friends, learn new things and have fun.

**4,000 + Online Classes Across Multiple Categories including: [Caregiver Classes](#)**

Currently featured Caregiver classes include:

- Dementia: Conquering the Challenges of Caregiving
- Guest Speaker: Christina Keys - Importance of Caregivers
- Understanding Alzheimer's and Dementia with Care.com
- Preparing for the Dying Process as a Caregiver

\*Classes offered may vary.

**To access these classes, visit: [Live and Upcoming Caregiver Classes · GetSetUp](#)**

Currently featured Caregiver Series include:

- Caring for Caregivers
  - Long Term Care: What You Need to Know
  - Stretch and Destress Yoga
  - How to Choose a Nursing Home
  - Dementia: Conquering the Challenges of Caregiving
  - Coping with Stress using Music & Movement
  - Considering Long Term Care Insurance...Things to Know
  - Journaling for Mindfulness
  - Telehealth - How to Have a Virtual Visit with your Doctor
  - and more...

**To access this class series, visit: [Series: Caring for Caregivers · GetSetUp](#)**