

Join Over 5 Million Older Adults Who Love GetSetUp

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

Try an Online Class Today!
www.getsetup.io/michigan

5,000+ Online Classes Across Multiple Categories

Chronic Disease Management

- Low-Impact Workout for Chronic Pain Relief
- Heart Healthy Cooking

Fall Prevention

- Fall Risk and Prevention Strategies
- Yoga for Flexibility & Balance

Social Connection

- Declutter Hour
- Art Journaling
- All About Jazz

Physical Fitness

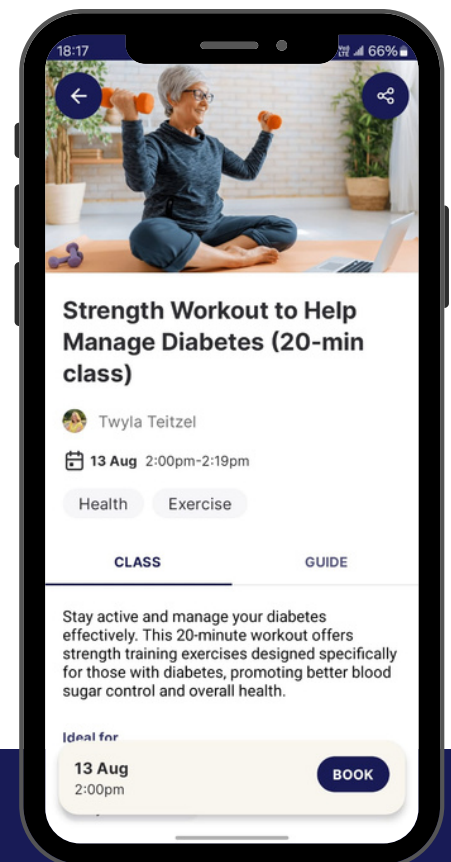
- Strength Workout to Help Manage Diabetes
- Mindful Chair Yoga

Health and Wellness

- Top Superfoods for Diabetes Management
- Coping with Stress Using Music & Movement

Technology

- iPhone Basics
- Best Apps for Working Remotely



Judy
GetSetUp Michigan Learner

"While I love taking the classes live with the community, one of the good changes I think after the pandemic is the ability to see replays. This allows me to take classes on my own time and schedule and is particularly helpful for the exercise classes."

