



For Immediate Release

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Macomb County MSU Extension offers R.E.L.A.X. Alternatives to Anger

MSU Extension Macomb is offering R.E.L.A.X. Alternatives to Anger. Alternatives to Anger is an educational program from the MSU Extension Health and Nutrition Institute designed to promote social and emotional health and well-being in adults, parents, teens and caregivers who want to better manage their anger and stress at home or in the workplace.

Alternatives to Anger will be held from 5 p.m. to 9 p.m. on Wednesday, Aug. 30 at the Max Thompson Family Resource Center, 11370 Hupp Ave., Warren, 48089. Program participants under the age of 18 must be accompanied by an adult. A certificate will be awarded to attendees at the completion of the program.

There is a charge of \$25 for an individual or \$35 for a family to attend. Advance registration and payment is required. For questions or to register, call (586) 469-6440.

Michigan State University Extension (MSUE) brings educational programs to residents, empowering them to improve their lives and community. County-based MSUE staff, in concert with on-campus faculty members, serve residents with programming focused on agriculture, natural resources, children, youth, families, community and economic development.

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