



Educational Series for the Okemos Community

**RAISING RESILIENT WOLVES:**

**WELLNESS STRATEGIES FOR**

**STUDENT SUCCESS**

**SLEEP, NUTRITIOUS MEALS,  
AND POSITIVE INTERACTIONS  
ON YOUTH'S MENTAL HEALTH  
AND EMOTIONAL WELLNESS**

**TUESDAY, JANUARY 28**

**7 - 8 PM**

**KINAWA AUDITORIUM**

**Kea Norrell-Aitch, Michigan State University Extension in the  
Children and Youth Institute**

Save the date:

Stress, Mental Health, and Sleep: A Practical Guide

February 12, 2025 7 - 8 PM

Yijie Wang, Ph.D., Associate Professor

Qi Huang, Ph.D. Candidate

Human Development and Family Studies, Michigan State University