

# 2024 Annual Lesson Series Order Form

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This form features the publications for the 2024 Annual Lesson Series fact sheets and leader guides. If these items are ordered at a later date, delivery may be delayed and the price will increase.

**Please order by June 24, 2023.**

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QUANTITY	ITEM NUMBER	DESCRIPTION	PRICE
		<b>The prices of the Annual Lesson Series fact sheets are based on large-quantity printing. Order by June 24, 2023, to get the pre-order price. After the initial print run is sold, these publications will become print-on-demand titles and the fact sheet prices will increase.</b>	
	<b>MF3622</b>	<b>Make Active Habits Stick, Fact Sheet.</b> Sharolyn Jackson, Ashley Svaty. Regular physical activity has both immediate and long-term benefits for physical and mental health. But many people don't participate in regular exercise for a variety of reasons. This fact sheet outlines ways to overcome these barriers and build a regular habit of exercise. 4 pages, color	\$1.10
	<b>MF3623</b>	<b>Make Active Habits Stick, Leader's Guide.</b> Sharolyn Jackson, Ashley Svaty. Regular physical activity has both immediate and long-term benefits for physical and mental health. But many people don't participate in regular exercise for a variety of reasons. This leader's guide includes teaching tips and activities for the lesson and includes an evaluation. 6 pages, b/w	\$0.50
	<b>MF3624</b>	<b>Managing the Strain of Stress, Fact Sheet.</b> Rachael Clews, et al. Everyone experiences stress differently, but you can learn ways to manage stress effectively. This fact sheet includes how stress affects your physical, mental, and emotional well-being and provides suggestions for ways to manage stress. 6 pages, color	\$1.65
	<b>MF3625</b>	<b>Managing the Strain of Stress, Leader's Guide.</b> Rachael Clews, et al. Everyone experiences stress differently, but you can learn ways to manage stress effectively. This leader's guide includes teaching tips and activities for teaching about ways to manage stress. It also includes an evaluation. 6 pages, b/w	\$0.50
	<b>MF3626</b>	<b>Pathways to a Healthy Kansas, Fact Sheet.</b> Chuckie Hessong, et. al. Did you know that being healthy has more to do with where you live than diet, exercise, and making healthy choices This fact sheet explains more about social determinants of health and why they matter. It also offers suggestions and tools for building healthier communities. 4 pages, color	\$1.10
	<b>MF3627</b>	<b>Pathways to a Healthy Kansas, Leader's Guide.</b> Chuckie Hessong, et. al. Did you know that being healthy has more to do with where you live than diet, exercise, and making healthy choices This leader's guide includes tips for presenting the lesson and an evaluation. 6 pages, b/w	\$0.50

QUANTITY	ITEM NUMBER	DESCRIPTION	PRICE
		<p><b>Community Health Corner: Well Women, Fact Sheets. (5 fact sheets in this lesson, MF3628A-E a leader's guide, MF3629, sold individually)</b>            Elaine Johannes, Stephanie Gutierrez. Women are leaders of health for their families and communities, but sometimes don't prioritize their own well-being and delay check-ups that can prevent chronic conditions. That's why K-State Research and Extension and other partners provide this five-issue fact sheet series. Each fact sheet contains information about women's health, immunization, and how to improve health literacy. Also available in Spanish.</p>	
	<b>MF3628A</b>	<p><b>Community Health Corner: Well Women, Fact Sheet #1.</b>            Elaine Johannes, Stephanie Gutierrez. This fact sheet includes information about how vaccines work and how to prepare for a healthcare appointment. 4 pages, color            4 pages, color</p>	\$1.10
	<b>MF3628AS</b>	<p><b>Community Health Corner: Well Women, Fact Sheet #1, Spanish.</b>            Elaine Johannes, Stephanie Gutierrez. Translated into Spanish. This fact sheet includes information about how vaccines work and how to prepare for a healthcare appointment. 4 pages, color</p>	\$1.10
	<b>MF3628B</b>	<p><b>Community Health Corner: Well Women, Fact Sheet #2.</b>            Elaine Johannes, Stephanie Gutierrez. This fact sheet includes information about heart health, how vaccines reach you, and how to talk about symptoms at a healthcare appointment. 4 pages, color</p>	\$1.10
	<b>MF3628BS</b>	<p><b>Community Health Corner: Well Women, Fact Sheet #2, Spanish.</b>            Elaine Johannes, Stephanie Gutierrez. Translated into Spanish. This fact sheet includes information about heart health, how vaccines reach you, and how to talk about symptoms at a healthcare appointment. 4 pages, color</p>	\$1.10
	<b>MF3628C</b>	<p><b>Community Health Corner: Well Women, Fact Sheet #3.</b>            Elaine Johannes, Stephanie Gutierrez. This fact sheet includes information about caring for your whole self, vaccines during pregnancy, and questions to ask your healthcare provider. 4 pages, color</p>	\$1.10
	<b>MF3628CS</b>	<p><b>Community Health Corner: Well Women, Fact Sheet #3, Spanish.</b>            Elaine Johannes, Stephanie Gutierrez. Translated into Spanish. This fact sheet includes information about caring for your whole self, vaccines during pregnancy, and questions to ask your healthcare provider. 4 pages, color</p>	\$1.10
	<b>MF3628D</b>	<p><b>Community Health Corner: Well Women, Fact Sheet #4.</b>            Elaine Johannes, Stephanie Gutierrez. This fact sheet includes information about the importance of pelvic exams, credible vaccine information, and getting the most out of the limited time for healthcare appointments. 4 pages, color</p>	\$1.10
	<b>MF3628DS</b>	<p><b>Community Health Corner: Well Women, Fact Sheet #4, Spanish.</b>            Elaine Johannes, Stephanie Gutierrez. Translated into Spanish. This fact sheet includes information about the importance of pelvic exams, credible vaccine information, and getting the most out of the limited time for healthcare appointments. 4 pages, color</p>	\$1.10

QUANTITY	ITEM NUMBER	DESCRIPTION	PRICE
	<b>MF3628E</b>	<b>Community Health Corner: Well Women, Fact Sheet #5.</b> Elaine Johannes, Stephanie Gutierrez. This fact sheet includes information about the importance of dental exams, vaccines for older adults, and advocating for yourself with your healthcare provider. 4 pages, color	\$1.10
	<b>MF3628ES</b>	<b>Community Health Corner: Well Women, Fact Sheet #5, Spanish.</b> Elaine Johannes, Stephanie Gutierrez. Translated into Spanish. This fact sheet includes information about the importance of dental exams, vaccines for older adults, and advocating for yourself with your healthcare provider. 4 pages, color	\$1.10
	<b>MF3629</b>	<b>Community Health Corner: Well Women, Leader's Guide.</b> Elaine Johannes, Stephanie Gutierrez. Women are leaders of health for their families and communities, but sometimes don't prioritize their own well-being and delay checkups that can prevent chronic conditions. That's why K-State Research and Extension and other partners provide this five-issue fact sheet series. This leader's guide includes an overview of the material, teaching tips for the lessons, and an evaluation. 8 pages, b/w	\$0.55
	<b>MF3629S</b>	<b>Community Health Corner: Well Women, Leader's Guide, Spanish.</b> Elaine Johannes, Stephanie Gutierrez. Translated into Spanish. Women are leaders of health for their families and communities, but sometimes don't prioritize their own well-being and delay check-ups that can prevent chronic conditions. That's why K-State Research and Extension and other partners provide this five-issue fact sheet series. This leader's guide includes an overview of the material, teaching tips for the lessons, and an evaluation. 8 pages, b/w	\$0.55
	<b>MF3630</b>	<b>Understanding Social Security, Fact Sheet.</b> Elizabeth Kiss, Joy Miller. Social Security is a social insurance plan for retirement. Workers and their families should know what they can expect from the program. This leader's guide includes teaching tips and activities as well as an evaluation. 6 pages, color	\$1.65
	<b>MF3631</b>	<b>Understanding Social Security, Leader's Guide.</b> Elizabeth Kiss, Joy Miller. 4 pages, b/w	\$0.40