

**2025 Annual Lesson Series
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This form features the publications for the 2025 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 September 2, 2024.

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QUANTITY	ITEM NUMBER	DESCRIPTION	PRICE
		The prices of the Annual Lesson Series fact sheets are based on large-quantity printing. Order by September 2, 2024, to receive 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.	
	MF3656	Understanding Hospice, Fact Sheet. Erin Martinez, Kathy Goul, Teresa Hatfield. Hospice focuses on comfort, not curing. It is a customized model of care that helps people with life-limiting illnesses live with dignity. This fact sheet includes information about types of hospice care, benefits of hospice, and information related to finding and paying for hospice care. 4 pages, color.	\$1.10
	MF3657	Understanding Hospice, Leader's Guide. Erin Martinez, Kathy Goul, Teresa Hatfield. Hospice focuses on comfort, not curing. It is a customized model of care that helps people with life-limiting illnesses live with dignity. This leader's guide includes teaching tips, activities, and an evaluation. 6 pages, b/w.	\$0.50
	MF3659	Cooking for One or Two, Fact Sheet. Christina Holmes and Clara Misenhelter. Cooking for one or two people is more than preparing meals; it is an opportunity to focus on your health, make time for yourself, or to create an opportunity to have a meaningful conversation with someone else. Planning, preparing, and consuming balanced meals at home can help maintain weight, control chronic illness, and meet daily nutritional needs. Includes recipes and tips for cooking smaller meals. 8 pages, color	\$1.30
	MF3660	Cooking for One or Two, Leader's Guide. Christina Holmes and Clara Misenhelter. Cooking for one or two people is more than preparing meals; it is an opportunity to focus on your health, make time for yourself, or to create an opportunity to have a meaningful conversation with someone else. This leader's guide includes teaching tips and an evaluation. 6 pages, b/w	\$0.50
	MF3661	Nourishing the Brain: Recommendations for Combating Neurodegenerative Diseases, Fact Sheet. Priscilla Brenes. A nutritionally balanced diet can help improve overall quality of life by promoting brain health and cognitive function. This fact sheet includes information about how different nutrients support brain health and ways to incorporate them into your eating plan. 4 pages, color	\$1.10
	MF3662	Nourishing the Brain: Recommendations for Combating Neurodegenerative Diseases, Leader's Guide. Priscilla Brenes. A nutritionally balanced diet can help improve overall quality of life by promoting brain health and cognitive function. This leader's guide includes tips for teaching the lesson, activities related to the lesson, and an evaluation. 6 pages, b/w	\$0.50

QUANTITY	ITEM NUMBER	DESCRIPTION	PRICE
	MF3663	Protect Your Skin from the Sun, Fact Sheet. Ashley Svaty, Jessica Koots. Spending time outdoors is a favorite pastime for many individuals and families, and many individuals have outdoor careers. When outdoors, it's important to stay sun safe and understand how ultraviolet (UV) rays can damage skin cells and how to best protect yourself and loved ones from harmful rays. 4 pages, color	\$1.10
	MF3664	Protect Your Skin from the Sun, Leader's Guide. Ashley Svaty, Jessica Koots. Time outdoors has countless benefits for physical and mental health. With these benefits of outdoors being well known to many, some may not know how to enjoy the outdoors while practicing sun safety. This leader's guide includes suggestions for presenting the lesson, suggested activities, and an evaluation. 6 pages, b/w	\$0.50