

**Thank you** for your interest in healthy lifestyle programs from the University of Missouri Extension. Regional Nutrition and Health Education specialists located in Jackson County are available to present these programs. Depending on individual program funding mechanisms, there may be associated program fees. **To schedule a program for your group, complete this form and fax, or scan and email to one of the instructors below.**

Lydia Kaume, PhD, RDN, LD  
[kaumel@missouri.edu](mailto:kaumel@missouri.edu)  
 Phone: 816-252-5051

Denise Sullivan, MS, CWP  
[sullivand@missouri.edu](mailto:sullivand@missouri.edu)  
 Phone: 816-482-5850

Church Name: \_\_\_\_\_

Phone/Ext: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Email: \_\_\_\_\_

	<b>Program</b> <i>(Minimum of 10 and maximum of 25 participants)</i>	<b>Expected number of participants</b>	<b>Preferred Date/Time</b> <i>(M-F/9:00 am- 5:00 pm)</i>
<input type="checkbox"/>	<p><b>Stay Strong Stay Healthy</b></p> <p>Two 1 hour sessions per week for 8 weeks.  <i>Fee: \$50 per person.</i></p>		
<input type="checkbox"/>	<p><b>A Matter of Balance</b></p> <p>One 2 hour session per week for 8 weeks.  <i>Fee: \$50 per person.</i></p>		
<input type="checkbox"/>	<p><b>Chronic Disease Self-Management Program</b></p> <p>One 2 ½ hour session per week for 6 weeks.  <i>Fee: \$0, grant funded by the Regional Arthritis Foundation.</i></p>		
<input type="checkbox"/>	<p><b>Diabetes Self-Management Program</b></p> <p>One 2 ½ hours session per week for 6 weeks.  <i>Fee: \$0, grant funded by the Regional Arthritis Foundation.</i></p>		
<input type="checkbox"/>	<p><b>Taking Care of You</b></p> <p>One 2 hour session per week for 4 weeks.  <i>Fee: \$50 per person.</i></p>		
<input type="checkbox"/>	<p><b>Health Information for Men (HIM)</b></p> <p>11 Topics – 1 hour session per topic.  <i>Fee: \$50 per session.</i></p>		
<input type="checkbox"/>	<p><b>Quality for Keeps: Home Food Preservation</b></p> <p>5 Topics – 1½ to 2 ½ hours per topic.  <i>Fee: \$15 per person per topic.</i></p>		