

MASTER WELLNESS VOLUNTEER PROGRAM



Who Volunteers?

- * Homemakers
- * High school students
- * Civic leaders
- * Workplace volunteers
- * Human resource managers
- * Organizational leaders

Diverse Opportunities

Volunteers will find many diverse opportunities throughout the year in which to use their training.

Some ways in which current volunteers have helped their communities include:

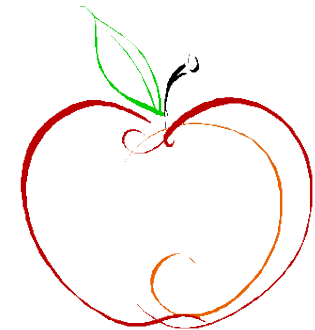
- * Give presentations
- * Assist with grocery shopping or food preparation
- * Hand out materials at health fairs
- * Help out at the Extension office with data entry or answering phones
- * Set up a Healthy Texans program in the workplace
- * Assist with community programs like Cooking Well with Diabetes or Walk Across Texas

A Proud Past

Finding reliable resources of health and wellness information can be a challenge. Since 1906, Texas A&M AgriLife Extension Service has provided Texans with guidance in various health areas. The Master Wellness Volunteer program continues this proud tradition.

2013 Master Wellness Volunteer Training

Receive 40 hours of training, and give back 40 hours of service to your community as a Master Wellness Volunteer.



Make A Healthy Difference

Wellness Volunteers

The Master Wellness Volunteer Program B now in its second year B is an engaging series of day-long classes that provides volunteers with 40 hours of training in health and nutrition education. In return, the volunteers agree to give back 40 hours of service to the community. A certification exam on the final day of training assures that each proud volunteer has the tools and knowledge needed to represent the Texas AgriLife Extension Service. The training focuses on nutrition and dietary guidelines, food safety and food demonstrations, healthy lifestyle choices, and children's health.

Why Volunteer?

The reasons Texans become Master Wellness Volunteers are as varied as the opportunities to volunteer:



- * Give back to the community.
- * Meet people.
- * Live a healthier lifestyle.
- * Learn nutrition and wellness facts.
- * Receive training and tools.
- * Support a particular workplace, group, or organization.
- * Have fun!

Each participant receives a binder with copies of all presentations.

2013

Master Wellness Volunteer Training Schedule

Dates: March of 2013

Time: 9:00 a.m.—3:00 p.m.

Fee: \$75 (cost of materials)

March 15th, 2013

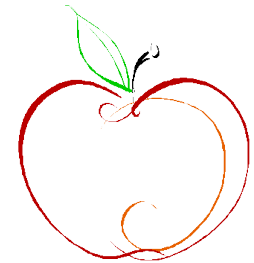
Deadline:

Contact

Virginia L. Alonso-County Agent

Family and Consumer Sciences

El Paso County: 915-860-2515



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Should YOU volunteer? All that is needed is an interest in living healthfully and helping others do the same.