

Master Wellness Volunteer Training

2018 Series Dates:

January 23 - Face to Face January 30 - Online Study February 6 - Online Study February 13 - Online Study February 28 - Face to Face

> Time 9:00 am - 3:00 pm

> > Location

Cost
Regular \$75
College Student \$25

Registration Opens: November 15, 2017

Registration Deadline: January 15, 2018



Become a Master Wellness Volunteer!

The Master Wellness Volunteer program allows those who have a passion about health and wellness to share that passion with others via worksite wellness programs, community events and more. Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same. Receive 40 hours of training and give back 40 hours of service!

Master Wellness Volunteers are:

- * Community leaders
- * School/community nurses or teachers
- * Community HealthWorkers
- * Retirees
- * College Students
- * Worksite WellnessCoordinators
- * YOU!

Session Topics:

- * Master WellnessVolunteer Program
- * Nutrition & Weight Management
- * Health & Wellness
- * Food Safety
- * Physical Activity
- * And more!

For more information or to register, contact:

To register online: http://agrilife.org/mwv/

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, reiligion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S.Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to reguest a reasonable accommodation, please call at least 48 hours in advance.