

Master Wellness Volunteer Training

January 22 - First Session
January 29 - Online Study
February 5 - Online Study
February 12 - Online Study
February 19 - Last Session

Location

AgriLife Research and
Extension Center
17360 Coit Road, Building E
Dallas, Texas 75252

Cost

Regular \$75
College Student \$25

Registration Opens:
November 15, 2018

Registration Deadline:
January 14, 2019



**MASTER
WELLNESS**
VOLUNTEER PROGRAM

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 Health Workers
- * Retirees
- * College Students
- * Worksite Wellness Coordinators
- * YOU!

Session Topics:

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

For more information or to register, contact:

Texas A&M AgriLife Extension
Collin County
Annie Tinsley 972.548.4233

To register online:
<http://agriflife.org/mwv/>