



MASTER WELLNESS VOLUNTEER PROGRAM

2018

**Want to live healthier and help others do the same?
Become a Master Wellness Volunteer and obtain
information and skills to do so.**

Fort Bend and Harris Counties Master Wellness Volunteer Training

DATES:

Face to Face:

June 07, 29
and July 12

Online Study:

June 14, 21
and July 05

Time:

9:00am - 3:00pm

Location:

9449 Grant Road
Houston, TX 77070
and

1402 Band Road #100
Rosenberg, TX 77471

Cost:

Regular: \$75
College Student \$30
(Includes all Materials)

*Sign up by
June 1, 2018*

For information contact
Rebecca Scono at
rebecca.scono@ag.tamu.edu
or call
(713) 274-0950.



Graduating Class-2017

Engaging, interactive workshops in:

Nutrition

Food Safety

Diabetes

Heart Disease

Healthy Lifestyle Choices

Dietary Guidelines

Blood Pressure

Public Speaking

Stress

Gardening

Physical Activity

And More

TEXAS A&M AGRI LIFE EXTENSION

Educational programs of Texas A&M AgriLife Extension Service are open to all people without regard to race, color, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners of Texas Cooperating. Individuals with disabilities who require an auxiliary aid, service, or an accommodation in order to participate in this meeting are encouraged to contact Sonja Davis, CEA-FCS ten days before the program at 281-855-5623.