

Who Participates?

- ◆ Human Resource Managers
- ◆ Civic Leaders
- ◆ Workplace Volunteers
- ◆ Homemakers
- ◆ Organizational Leaders
- ◆ Students
- ◆ Church Leaders

A Proud Past

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



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:

- ◆ Set up a Healthy Texans program in the workplace
- ◆ Give presentations
- ◆ Hand out materials at Health Fairs
- ◆ Assist with community programs like Cooking Well with Diabetes or Walk Across Texas
- ◆ Volunteer at Extension Office

Paula Butler
County Extension Agent

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Master Wellness Volunteer

Part of your Worksite or
Community Wellness
Program

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

TEXAS A&M
AGRILIFE
EXTENSION

Ellis County: 972-825-5175
Navarro County: 903-654-3075

Why Participate?

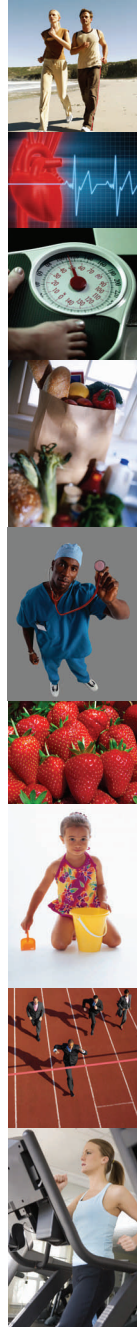
- ◆ Support a particular work-place, group, or organization
- ◆ Receive training and tools
- ◆ Learn nutrition and wellness facts
- ◆ Give back to the community
- ◆ Live a healthier lifestyle
- ◆ Have fun

Each participant receives a binder with copies of all presentations and other support materials.



Educational programs of 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. Persons with disabilities requiring auxiliary aids or special accommodations should call 903-654-3075 by January 8, 2013

Wellness in Texas



The Master Wellness Volunteer training program, now in its fourth year, is an engaging series of day long classes that provides volunteers with 40 hours of training and in return the volunteer provides 40 hours of service back to the business or community. A certification exam on the final day of training assures that each volunteer has the tools and knowledge needed to represent Texas AgriLife Extension Service.

The training focuses on nutrition and dietary guidelines, food safety and food demonstrations, healthy life style choices, and children's health.

2013 Volunteer Training Schedule

- ◆ January 17
- ◆ January 24
- ◆ January 31
- ◆ February 7
- ◆ February 14



Time: 9:00 A.M.—3:00 P.M.

Fee: \$20 (cost of materials)
Registration Deadline:
January 7, 2013

Classes to be held in Ennis

Contact:
Ellis County—872-825-5275
Navarro County—903-654-3075

Or visit our website at:
<http://navarro.agrilife.org>