

## 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



**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:**

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