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Wise Notes for Consumers

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Extension Service Offers Volunteer Opportunities

Everywhere you look there is an overwhelming spirit of generosity and loving kindness. People are throwing change into the Salvation Army buckets, adopting angels and donating food items to pantries. No doubt Wise County residents will be embracing opportunities to extend this kindness throughout the year. Texas A&M AgriLife Extension-Wise County is offering a way to continue giving back to the community throughout the year through our Master Wellness Volunteer Program.

Finding reliable resources of health and wellness information can be a challenge. Since 1906, Texas A&M AgriLife Extension Service has provided Texans with guidance in various health areas and is now training volunteers to provide more communities with the education and tools needed for healthy living.

Master Wellness Volunteers (MWV) undergo 40 hours of training on health, nutrition and food safety and are then empowered to provide outreach and education, helping reduce the burden of chronic conditions in Texans and Texas' communities. Not a health professional? Not a problem! We welcome participation from anyone interested in promoting health and wellness: college students, employees, retirees – anyone!

Opportunities to serve are wide-ranging: giving presentations for local community groups, assisting with healthy cooking demonstrations, distributing information at health fairs, food pantries and much more. Because each of our communities are different, MWVs will work with the Extension agents and other stakeholders to identify needs and opportunities to help make a local difference. Because MWVs come from diverse backgrounds, they're often able to identify topics, audiences and resources in the area.

Beginning in January, Texas A&M AgriLife Extension Service will convene a statewide training for Master Wellness Volunteers...and you don't even have to leave Wise County. Two in-person sessions (January 21 and March 3) will be held at the Wise County Extension office; the rest of the training will be conducted online. It's never been easier to give back to your community!

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national orientation. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

For general information about the statewide Master Wellness Volunteer Program, visit <http://agrillife.org/mwv> and for specific details regarding the statewide training offered at the Wise County Extension office, contact the Extension office at 940/627-3341 or email ttDavis@ag.tamu.edu.

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