

Who Volunteers?

- *Community volunteers
- *Civic leaders
- *Workplace volunteers
- *Human Resource Management
- *Organizational leaders
- *Anyone wanting to make a difference

A Proud Past

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. 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:

- *Give presentations
- *Assist with food preparation
- *Hand out materials at health fairs
- *Plan healthy cooking schools
- *Set up a Healthy Texans program in the workplace
- *Assist with programs like Cooking Well With Diabetes or Walk Across Texas

Should YOU be a Master Wellness in Texas Volunteer?
Call 972-548-4233 or metro 972-424-1460, ext. 4233 for more information.

2016 Master Wellness Volunteer Training

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

Wellness in Texas

The Master Wellness Volunteer training program, now in its ninth year, is an engaging series of day-long classes that provides volunteers with 40 hours of training in health and nutrition education. In return, the volunteers agree to give back 40 hours of service to the community.



MyPlate is
one of many topics
covered

A certification exam on the final day of training assures that each proud volunteer has the tools and knowledge needed to represent Texas A&M AgriLife Extension Service.

The training focuses on nutrition and dietary guidelines, food safety and healthy lifestyle choices and children's health. The reasons Texans become Master Wellness Volunteers are as varied as the opportunities to volunteer.

Make A Healthy Difference

Why Volunteer?

- *Give back to the community
- *Meet people
- *Live a healthier lifestyle
- *Learn nutrition and wellness facts
- *Receive training and tools
- *Support a particular workplace group or organization
- *Have fun

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

Should YOU volunteer? All that is needed is an interest in living healthfully and helping others do the same.

For more information about Master Wellness Volunteers, go to healthyliving.tamu.edu and click on Master Wellness Volunteers.

2016 Wellness in Texas Volunteer Training

Dates: Feb. 2 and 16 and
and March 1, 2016
and 2 days study at
home/online

Time: 9:00 am—3:00 pm

Fee: \$80 (includes lunch
and all training
materials)

Deadline: January 22, 2016

Contact:

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