

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.

Who Volunteers?

- * Homemakers
- * High School Students
- * Civic Leaders
- * Workplace Volunteers
- * Human Resource Managers
- * Organizational Leaders

Volunteer Opportunities

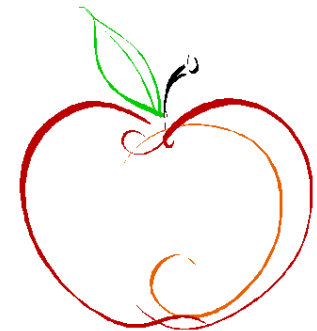
- * Give Presentations
- * Assist with grocery shopping or food preparation
- * Hand out materials at health fairs
- * Help out at the AgriLife Extension office with data entry or answering phones
- * Set up a Healthy Texans program in the workplace
- * Assist with community programs like Cooking Well with Diabetes or Walk Across Texas

TEXAS A&M
AGRI LIFE
EXTENSION
Johnson County
1 N. Main St., Ste. 309
Cleburne, TX 76033

TEXAS A&M
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Master Wellness Volunteer Training

Receive 40 hours of
Training, and give back 40
Hours of service to your
Community as a Master
Wellness Volunteer.

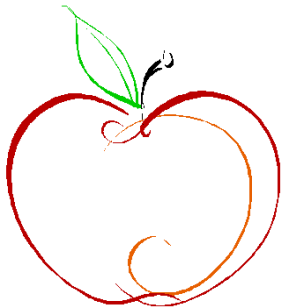


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Make a Healthy Difference

Wellness Volunteers

The Master Wellness Volunteer Program 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. A certification exam on the final day of training assures that each proud volunteer has the tools and knowledge needed to represent the Texas A&M AgriLife Extension Service. The training focuses on nutrition and dietary guidelines, food safety and food demonstrations, healthy lifestyle choices, and children's health.



Why Volunteer?

The reasons Texans become Master Wellness Volunteers are as varied as the opportunities to 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.

2014 Master Wellness Volunteer Training Schedule

Dates: Sept. 23rd, 30th
Oct. 7th, 14th, 21st

Time: 9:00 a.m.—3:00 p.m.

Location: Joshua Fire Department
770 N. Main St.
Joshua, TX 76058

Fee: \$75 (cost of materials)

Deadline To Register: September 19, 2014

Contact:
Johnson County Extension Office
Gracie Walling, CEA
Family and Consumer Science
817-556-6370