

Master Wellness Volunteer Program Tentative Class Schedule and Training Topics

- Day 1** First Day class starts at 9:00 AM. Training will include: Overview of Texas AgriLife Extension Service and Cooperative Extension Program; Overview of the Better Living for Texans program and diversity training. Class ends around 3:00 PM.
- Lunch will be provided.
- Day 2** Second Day class starts at 9:00 AM. Training will focus on nutrition topics such as MyPyramid, Nutrients, and weight management. Class ends around 3:00 PM.
- Lunch will be provided.
- Day 3** Third Day class starts at 9:00 AM. Training will cover food safety and how to conduct safe food demonstrations. Class ends around 3:00 PM.
- Lunch will be provided.
- Day 4** Fourth Day class starts at 9:00 AM. Training will cover physical activity, finding reliable health resources, and how to stay healthy and live longer and better. Class ends around 3:00 PM.
- Lunch will be provided.
- Day 5** Fifth Day class starts at 9:00 AM. Training will cover childhood overweight and child health information. This day also includes program evaluation/wrap-up and sign-up for volunteer opportunities. Class ends around 3:00 PM.
- Potluck lunch.