

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 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**
- *Computer data entry**
- *Set up a Healthy Texans program in the workplace**
- *Assist with community programs like Cooking Well With Diabetes or Walk Across Texas**

**Should YOU be a Master Wellness in Texas Volunteer?
Call 214-904-3050 for more information.**

2011 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 Wellness in Texas Master Volunteer training program, now in its fifth 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.



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

2011 Wellness in Texas Volunteer Training Schedule

Dates: Feb. 3, 10, 17, 25 and March 3, 2011

Time: 9:00am—3:00pm

Fee: \$65 cost of materials

Deadline: January 24, 2011

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