



# MASTER WELLNESS VOLUNTEER PROGRAM

Gregg County AgriLife  
Extension



1

Volunteers receive 40 hours face to face or self-paced online training in nutrition, health, food safety, food demonstration, and researched based programs

2

Return 40 hours volunteer service through health and nutrition activities such as teaching classes, helping with health fair exhibits, data entry, and more

3

Explore wellness promotion opportunities while working with the County Extension Agent

4

Empower your personal wellness journey with reliable health and nutrition information

5

Create a culture of wellness with groups including churches, worksites, and neighborhoods

Connect with others in the community that are also interested in healthy living and making health the easy choice

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## **Gregg County Master Wellness Program Application**

Begins: February 11, 2017

The Master Wellness Volunteer Program is an educational campaign with the Texas A&M AgriLife Extension Service (AgriLife Extension) focused on helping Gregg County residents learn how to make healthy lifestyle choices. The mission of AgriLife Extension is to improve the lives of people, businesses, and communities through high quality, relevant education. Volunteers are critical to fulfilling this mission, and they will assist in delivering wellness programs to area organizations, businesses, and other community groups.

Participants in the Volunteer Program will receive 40 hours of health and wellness education. Upon completion of the training, participants are expected to return 40 hours of volunteer service. There will be numerous opportunities and methods for participants to volunteer within the program.

The training for the Master Wellness Volunteer Program will be a combination of in-class and self-study education. It will include information on basic nutrition, food safety, health education, weight management, trends in health and nutrition, public speaking, and more. Please contact the office for a training schedule for the dates and training topics.

After completing the training and giving back 40 volunteer hours, participants will become a Master Wellness Volunteer.

If you are interested in participating, please contact Tami Putnam at Gregg County AgriLife Extension Agency, 405 East Marshall Avenue or call 903-236-8429.

There is a \$75.00 application fee that covers the cost of training, including all educational materials. With the application, please submit a check made payable to Gregg County Ag Development Fund.

**Application Deadline: February 3, 2017**

It is required by AgriLife Extension that all volunteers have a background check. You will receive a release form on the first training date. It will be submitted to the Volunteer Center of North Texas for completion of a Criminal Background Check, which will be kept on file at AgriLife Extension.