

# Become a Master Wellness Volunteer!



## Master Wellness Volunteer Training

2018 Series Dates:

January 20: Face-to-face

Week of January 22: Online Study

Week of January 29: Online Study

Week of February 5: Online Study

February 10: Face-to-Face

### Time:

January 20:

9:00am - 3:30 pm

February 10:

9:00am - 3:30 pm

\*\*\*Lunch Provided\*\*\*

### Location:

3355 Cherry Ridge Dr., Suite 208

San Antonio, TX 78230

### Registration:

<https://agriferegister.tamu.edu/MWV>

General Public: \$75

Student: \$25

**Deadline:**

January 19, 2018

The Master Wellness Volunteer program allows those who have a passion for health and wellness to share that passion with others via worksite wellness programs, community events and more. Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same. Receive 40 hours of training and give back 40 hours of volunteer service!



### Training Topics Include:

- Master Wellness Volunteer Program
  - Nutrition
- Weight Management
  - Health & Wellness
  - Food Safety
  - Physical Activity

### For More Information Contact:

(210) 631-0400

Erika Alaman, Health and Wellness Educator:

[erika.alaman@ag.tamu.edu](mailto:erika.alaman@ag.tamu.edu)

Frances Moreno-Elizondo, Office Assistant:

[frances.moreno-elizondo@ag.tamu.edu](mailto:frances.moreno-elizondo@ag.tamu.edu)

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call at least 48 hours in advance.