



# MASTER WELLNESS VOLUNTEER PROGRAM

## in the community



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



For more information  
contact your local  
County Extension Agent at [counties.agrilife.org](http://counties.agrilife.org)

