



# MASTER WELLNESS VOLUNTEER PROGRAM

## »»»»»»»»»» **at worksites** ««««««««««



**Create a culture of wellness at the worksite...be the example of a healthy lifestyle**

**1**

**Worksite wellness coordinators or employee volunteers receive self-paced online training in nutrition, health, food safety, and researched based programs**

**2**

**Return volunteer service hours by coordinating health and nutrition activities at the worksite**

**3**

**Lead worksite wellness employee committees to plan and promote wellness events**

**4**

**Incorporate training or volunteer service into employee wellness incentive programs**

**5**

**Network with the community to engage the worksite in community wide wellness opportunities and efforts**



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



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