

Master Wellness Volunteer Training

## 2018 Series Dates:

January 23 - Face to Face January 30 - Online Study February 6 - Online Study February 13 - Online Study February 28 - Face to Face

> Time 9:00 am - 3:00 pm

> > Location

Cost
Regular \$75
College Student \$25

Registration Opens: November 15, 2017

Registration Deadline: January 15, 2018



## Become a Master Wellness Volunteer!

The Master Wellness Volunteer program allows those who have a passion about 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 service!

## Master Wellness Volunteers are:

- \* Community leaders
- \* School/community nurses or teachers
- \* Community HealthWorkers
- \* Retirees
- \* College Students
- \* Worksite WellnessCoordinators
- \* YOU!

## **Session Topics:**

- \* Master WellnessVolunteer Program
- \* Nutrition & Weight Management
- \* Health & Wellness
- \* Food Safety
- \* Physical Activity
- \* And more!

For more information or to register, contact:

To register online: http://agrilife.org/mwv/

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