

FOR IMMEDIATE RELEASE

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**Texas A&M AgriLife Extension Service Recruits Volunteers
for County-wide Health, Wellness Education Program**
Training for New Master Wellness Volunteer Program begins in January, 2018

Finding reliable resources of health and wellness information can be a challenge. Since 1906, Texas A&M AgriLife Extension Service has provided Texans with guidance in various health areas and is now training volunteers to provide more communities with the education and tools needed for health living.

The Master Wellness Volunteer Initiative is an AgriLife Extension program that provides volunteers with 40 hours of training in health and nutrition education. In return, the volunteers agree to give back 40 hours of service. The volunteer opportunities are diverse - giving presentations for local community groups, assisting with periodic cooking schools, distributing information at health fairs, and much more. Previous health or wellness training is not required, but an interest in living healthfully and helping others do the same is.

Volunteer training for the program will be held January 23, 2018 from 9-3 p.m. face to face; January 30 - online study; February 6-online study; February 13-online study; and February 28-face to face 9-3 p.m. Location for the face to face classes will be at 916 Main, Suite 401. The training will focus on physical activity, nutrition, food safety and food demonstrations, child health, various AgriLife Extension health programs, and more. The cost for adults is \$75.00. Student trainee fee is \$25.00. Volunteer background check fee is \$10.00 paid separately. Registration deadline is January 16, 2018. For more information about the program and to register visit <https://agrilife.org/mwv/>. Sign up for Session 1 - MWV Statewide Training → Master Wellness Volunteer Statewide Training Cohort. (<https://agriliferegister.tamu.edu/organizationListings/120>)

Those interested in participating may call the AgriLife Extension office in Lubbock County at 806-775-1740 or email Kay Davis at Edavis@ag.tamu.edu for more information.