

Are you interested in helping build a culture of health in your community?

The UNH Extension Master Wellness Volunteer Program provides learning sessions and volunteer service opportunities focused on creating change for health.

March-April 2022

Six general training sessions held on Zoom, Tuesday evenings, 6-7:15 p.m. with additional independent learning requirements.

20
hours



April-May 2022

Specialized training and volunteer service in working with older adults and movement.

10-20
hours

Volunteers will become leaders for Walk with Ease — a six-week self-directed program offered through the Arthritis Foundation.

In addition to Walk with Ease training, volunteers will obtain adult CPR certification, facilitation skills and gain a better understanding of how to work with limited income audiences.

Master Wellness Volunteers

Older Adults and Movement

Create
Community
Change &
Become a
Health Champion

Apply Online

www.extension.unh.edu/health-well-being/master-wellness-volunteers

Adults who want to volunteer in N.H. are invited to apply. Volunteers will undergo a standard background screening before admission.

Contact

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For persons with disabilities requiring accommodations, please contact Zeanny Egea.

Given ample time, we will make any reasonable effort to make accommodations.