

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.

February 21- March 28, 2023

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

20
hours



Master Wellness Volunteers

Pathways to Pantries:
One Nudge at a Time

April-May, 2023

Specialized training and volunteer service in nutrition education with community food access sites.

20-30
hours

Join us as we nourish our communities *one nudge at a time* to build healthier environments.

Topics will include:

- Understanding poverty and hunger in NH
- Investigating tools for finding a solution in your community
- Learning basic nutrition concepts
- Planning food demos that encourage the *Healthy choice, the easy choice*

Create
Community
Change &
Become a
Health Champion

Upon completion of training, participants will volunteer in their communities and share their knowledge and available

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.