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.

April-May, 2023
Specialized training and volunteer service in nutrition education with community food access sites.

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

Master Wellness Volunteers
Pathways to Pantries: One Nudge at a Time

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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zeanny.egea@unh.edu

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

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

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