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

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
Zeanny Egea
(603) 600-8237 ext. 208
zeanny.egea@unh.edu

Create Community Change & Become a Health Champion

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

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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