



## **DO YOU...**

- Need consistent volunteer Hours?
- Want to give back to your community?
- Need wellness programs in your workplace?
- Have a passion for Health ,Wellness, or Gardening?

Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same. Receive 40 hours of training and give back 40 hours of service!

## **Training Dates:** Face-to-face: January 26, 2019 9am-3pm

Face-to-face: January 26, 2019 9am-3pm Self-paced Online training: January 26- Feb 15, 2019 Face-to-face: February 16, 2019 9am-3pm

Register at: https://agriliferegister.tamu.edu/MWV

For more information contact Erika Alaman erika.alaman@ag.tamu.edu | 210.631.0444

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