

Cameron County Extension Presents: 2016 MWV Training

Hybrid Training Dates

November 12 – December 17

Face-to-Face

Saturday, November 12 & December 17

Online

November 19, 26, December 3, 10

Time

9:00 am - 3:00 pm

Location

Cameron Co. Agrilife Extension Office 1390 W. Expwy 83, San Benito, TX

Cost

Regular \$75.00 College student \$25.00

Deadline to register November 10, 2016 Call today!



Become a Master Wellness Volunteer!

Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same. Receive 50 hours of training and give back 50 hours of service!

Master Wellness Volunteers are:

- Community leaders
- Civic leaders
- Human resource managers
- School/community nurses
- Retirees
- Community Health Workers
- School teachers
- College students
- YOU!

Session Topics:

- Nutrition
- Dietary guidelines
- Health
- Chronic disease
- Stress management
- Physical activity
- And more!



For more information, contact:

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