

**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!



HEALTHY SOUTH TEXAS

For more information, contact:

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