

# Dallas County Family and Consumer Sciences



Dear sir or madam:

Thank you for your interest in the Master Wellness Volunteer program! We are excited to be offering this opportunity in Dallas County.

The Master Wellness Volunteer Program is an educational initiative with Texas A&M AgriLife Extension Service focused on empowering Dallas County residents to teach others to make healthy lifestyle choices. The mission of AgriLife Extension is to improve the lives of people, businesses, and communities through high-quality, relevant education. Volunteers are critical to fulfilling this mission and they will assist in delivering wellness programs to area organizations, businesses, and other community groups.

Participants in the Volunteer Program will receive 40 hours of health and wellness education. Upon completion of the training, participants are expected to return 40 hours of volunteer service. There will be numerous opportunities and methods for participants to volunteer within the program.

Two in-person classes will be conducted this fall, on October 27<sup>th</sup> and November 17<sup>th</sup>. In-between these dates will be online self-study curriculum. It will include information on basic nutrition, food safety, health education, weight management, trends in health and nutrition, public speaking, and more.

If you are interested in participating in this program, please complete the application and return to:

**Brittany Martin**

County Extension Agent – Family and Consumer Sciences

[Brittany.martin@ag.tamu.edu](mailto:Brittany.martin@ag.tamu.edu)

OR

Texas A&M Agrilife Extension Service – Dallas County

10056 Marsh Lane

Suite B-101

Dallas, Texas 75229

After completing the training and giving back 40 volunteer hours, participants will become a certified Master Wellness Volunteer. There is an \$80 fee that covers the cost of training and all educational materials. Registration and payment information will be emailed to you before the training begins.

Agrilife Extension requires that all volunteers have a background check. A release form for this is included with this letter. If you are currently a registered Master Gardener, Master Naturalist, or 4-H Volunteer and have passed that background check within the last three years, please let Brittany Martin know at the contact information listed below before filling out the background check form.

If you are not a registered AgriLife volunteer (or it has been more than three years since your last screening), you will need to complete a background check at the final in-person training. Your background check will be submitted and successful completion of the background check will be kept on file confidentially with Agrilife Extension.

Thank you,

**Brittany C. Martin**

County Extension Agent – Family and Consumer Sciences

Texas A&M Agrilife Extension Service

Dallas County

[Brittany.martin@ag.tamu.edu](mailto:Brittany.martin@ag.tamu.edu)

[\(214\) 904-3050](tel:(214)904-3050)