



COMAL COUNTY

PUBLIC INFORMATION

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Extension seeking Master Wellness volunteers

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NEW BRAUNFELS — Comal County’s Extension Office is starting a new Master Wellness program designed to promote health and wellness among county residents and reduce the burdens of chronic health conditions.

The office is seeking participants for the first group of Master Wellness volunteers – people willing to undergo training on health, nutrition and food safety who then can educate their fellow residents.

“Anyone interested in health and wellness is welcome to sign up,” said Jymann Davis, agent for family and community health with the Comal County office of the Texas A&M AgriLife Extension Service. “You don’t have to be a health professional; you just have to be interested in learning how to promote healthy living in your community.”

The idea is similar to Comal County’s two existing master programs: the Master Gardeners, who maintain a demonstration garden at the Extension Office and have contributed thousands of pounds of fruit and vegetables to local food banks, and the Master Naturalists, who have educated countless residents about Comal County’s geography and ecology.

Opportunities to serve as a Master Wellness volunteer are wide-ranging, Davis said: giving presentations for local community groups, assisting with healthy cooking demonstrations, participating in health fairs and much more. Master Wellness volunteers will work with the county’s extension agents and other stakeholders to identify opportunities to make a difference in Comal County. Because they come from diverse backgrounds, the volunteers often identify novel topics, audiences and resources in the area.

Volunteers will take 40 hours of training – three sessions at the Comal County Extension Office and the rest online. After the training, volunteers begin a 40-hour internship, helping the office plan, implement and evaluate health and nutrition programs. The sessions are Jan. 21, Feb. 11 and March 3, and the total cost is \$75 per person, \$25 for college students. Registration is open, and the deadline is Jan. 14.

For more information about the Master Wellness program, contact Davis at 830-620-3440. To register, visit www.agrilife.org/mwv.

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