



Master Volunteer Program

The mission of Texas Cooperative Extension is to provide quality, relevant outreach education and services to the people of Texas. Volunteers are critical to our success in fulfilling this mission.

Wellness in the City is an Extension Program in Dallas County that teaches people how to make healthy lifestyle choices. The Master Volunteer Program is one component of the Wellness in the City campaign. Participants in the Wellness in the City Master Volunteer Program will receive 30 hours of education. Training will focus on up-to-date, research-based information in the area of health and nutrition. At the conclusion of the training classes, participants will be expected to give back 30 hours of volunteer service to the Wellness in the City program. There will be numerous opportunities and methods for participants to volunteer within the program.

Four training classes will be conducted on Saturdays from 9 a.m. to 3 p.m. The training will be a combination of in-class and on-line education. We are also in the process of setting up some educational tours as part of the training. During the training sessions, education will be provided on basic nutrition, food safety, evaluating medical information, disease prevention, weight management, trends in health and nutrition, public speaking and much more.

There is a \$30 registration fee that covers expenses and program materials. If you need additional information, please contact Susan Richey in Dallas County or Dana Tarter in Tarrant County.

If you are interested in participating in the Master Volunteer Program, please fill out the application and return it to the appropriate County Extension Office.

Susan Richey
10056 Marsh Lane, Suite B-101
Dallas, Texas 75229-6071

Dana Tarter
401 East 8th Street
Fort Worth, Texas 76102

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the county Commissioners Courts of Texas Cooperating.

2005 Wellness in the City Master Volunteer Program Application - Due no later than January 14, 2005

Please print or type all information.

Upon completion, return to the appropriate County Extension Office:

*Susan Richey
10056 Marsh Lane, Suite B-101
Dallas, Texas 75229-6071*

*Dana Tarter
401 East 8th Street
Fort Worth, Texas 76102*

Name: _____ E-mail Address: _____

Mailing Address: _____ City/State/Zip: _____

Phone Number: _____

Are you available to participate in the training session on the four scheduled Saturdays? _____

Please list any volunteer work experience:

Why do you want to be a Wellness in the City Master Volunteer?

List any experience you have working with community organizations (schools, youth, churches, senior citizens, etc.):

Is there anything else you would like the selection committee to know?
