

Master Family & Consumer Sciences Volunteer Program Summary

Institution: University of Arkansas Extension

Program: Wellness Ambassador Volunteer Program

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The University of Arkansas Cooperative Extension Service has developed a new Extension Wellness Ambassador Program. The first of its kind offered in the state, this program will teach participants simple strategies to improve their own health and the health of their neighbors.

Following training and Extension Wellness Ambassador Certification, volunteers agree to give back 40 hours of service to help others live healthier. Training and instruction focuses on healthy eating and weight management. Other training sessions include: strength training; exercise to improve balance and flexibility; preventing and managing chronic disease; avoiding portion distortion; health behavior change strategies that stick; understanding personality types; and other special topics.