

Extension Wellness Ambassador Program



The Extension Wellness Ambassador Program trains Arkansans who want to use their knowledge in service to others – to improve their own health and the health of their neighbors.

Northeast Arkansas Training Dates:

- Thursday, May 3
- Thursday, May 10
- Thursday, May 17
- Thursday, May 24

Training Location:

Trumann First Baptist Church Family Life Center
1301 AR-69, Trumann, AR 72472

Space is limited.

\$40 Registration fee is required.

FOR MORE INFORMATION CONTACT:

Debbie Baker
County Extension Agent – FCS
870-598-2246 or email
djbaker@uaex.edu

Are you interested in helping others live healthier lives?

Are you interested in health, nutrition, and being active? Be part of a new Extension program teaching simple strategies to improve health.

Extension Wellness Ambassadors receive 40 hours of training in health and wellness.

In exchange, they return 40 hours of volunteer service to support healthy living programs.

Learn about:

- Healthy eating and weight management
- Exercise to improve balance and flexibility
- Preventing and managing chronic disease
- Behavior change strategies that work
- And more!

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**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System



EXTENSION WELLNESS
ambassador program

This program is open to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office (or other appropriate office) as soon as possible prior to the activity.