Are you interested in health, nutrition, and being physically active? Do you want to help others be healthier? The University of Arkansas Cooperative Extension Service is now taking applications for 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 in Union County.

The Extension Wellness Ambassador training program will be offered over five sessions held:

- **February 9th** – Union County TAC House
- **February 16th** – Ouachita County Extension Office
- **March 1st** – Ouachita County Extension Office
- **March 8th** – Union County TAC House
- **March 15th** – Ouachita County Extension Office

Sessions will be held in Ouachita and Union County.

Training begins on February with instruction 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. Participants will receive free cholesterol, blood pressure, blood glucose, and fitness screenings. Following training and Extension Wellness Ambassador certification volunteers agree to give back 40 hours of service to help others live healthier. The **$30.00** registration fee covers all training materials.

Please contact the Extension office at 870-864-1916 if you have any questions, deadline is January 25, 2016 to be considered for the program.
Mailing List Update: You should be receiving a mailing list form, please make sure to return it by mailing it in or bringing it by the Extension Office, or fax it to (870-864-1919). If you don’t complete the form, you will not get the newsletter.

EHC Board Meeting will be January 15 at 1:30 PM. We will be voting on a new Treasurer for the council. We would love to see you!!

2016 Spring Walk Across Arkansas: February 15-April 10

This is a FREE 8 week program designed to help Arkansans establish the habit of regular physical activity. To participate in WAA, you will need a team of two to ten people. Choose one person to be Team Captain and decide on a Team Name. The Team Captain will then register the Team Name online.

After the Team Name is registered, Individuals can register online at www.uaex.edu/health-living/health/fitness/walk-across-arkansas.aspx. When individuals are registering they are asked to choose a Personal Goal - “150 Minutes Each Week”, “300 Minutes Each Week”, “Add More Intensity” to your current exercise routine, or “Other”.

After your team is registered, simply record your minutes every day starting February 15th. Some teams have each person record their daily minutes on paper and give them to one team member to enter the minutes online.

Although most people choose to walk for their daily activity, you can conduct any activity you want (swimming, walking, running, bike riding, raking leaves, push mowing, etc.). Exercise qualifies as any activity that is performed "with the intent to be physically active, raises heart rate and/or causes you to break a sweat" for at least 10 minutes at a time.

Registration will be open February 8. Contact Lauren at 870-864-1916 for any questions.

Lauren Brown – CEA Family and Consumer Science

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.