

Master Wellness Volunteers

April Newsletter

April- Every accomplishment starts with the decision to try. -Gail Devers

April, 2017, Issue 4

Howdy Master Wellness Interns,

We have reached the month of April, and it will be a month full of changes as you will have the opportunity to start applying your knowledge and skills learned throughout your training. For example, this month you will have the opportunity to **conduct a Food Demo at the 2017 Child Care Conference, and be a co-presenter in the Hidalgo County– 2017 Si Yo Puedo and Master Wellness Volunteer trainings.** As you will be exposed to these roles, we hope that your leadership and confidence skills will be strengthened.

MWV updates and **volunteer opportunities** are provided in the following pages. We hope you will sign up for things that interest you. You have committed to providing 40 hours of volunteer service during this year. There will be numerous methods for completing those hours that you will find enjoyable and rewarding.



Volunteering

Opportunities Dates:

- April 19th, 2017
- April 22nd., 2017
- June 14th– August 30th, 2017 (Wednesdays)
- June 1st– 29th , 2017 (Thursdays)

UTRGV Student Volunteer Fair—April 19, 2017



UTRGV will be hosting a Volunteer Fair on April 19, 2017 from 12:00 pm—1:30 p.m. at their Student Union Building. We will be having a MWV booth to promote the program. This is a great opportunity for you to share your experiences with other potential future MWVs.

Please contact us if interested.

Child Care Conference Food Demo — April 22, 2017



Texas A&M Agrilife Extension will be hosting the 2017 Annual Multi-county Child Care Conference on **Saturday 22, 2017 from 8:00am– 3:00pm at the District 12 AgriLife Extension Office (2401 East Business 83 Weslaco, TX 78596)**. We are expecting over 100+ Primary Caregivers. (Flyer attached on next page).

Master Wellness Volunteers will be leading two food demonstrations during this event. We need a total of **4** Master Wellness Volunteers to lead the food demos. Talking points and directions will be provided.

1st Food Demo: 10:45 a.m.

MWV:

MWV:

2nd Food Demo: 1:45 a.m.

MWV:

MWV:

It's your time to



SHINE and implement what you've learned!



If you would like to participate in this event, please contact me ASAP to make all necessary arrangements.



**Texas A&M AgriLife Extension
Multi-County Child Care Providers Conference
Saturday, April 22, 2017**

Lunch On Your Own

6 Clock Hours Will Be Offered

Location

District 12

2401 East Business 83

Weslaco, TX 78596

Si. Yo Puedo– Hidalgo County Class June 14th– August 30th



Yo, Si Puedo is a diabetes education class that teaches individuals how to control their diabetes and achieve better health and quality of life. The topics of this program are: Eating healthy, physical activity, checking their glucose, Responsibility with their medication and doctors, and identifying risk symptoms. This is the biggest diabetes class we hold during the year! Join us and help us deliver this amazing curriculum that has impacted many lives here in Hidalgo County.

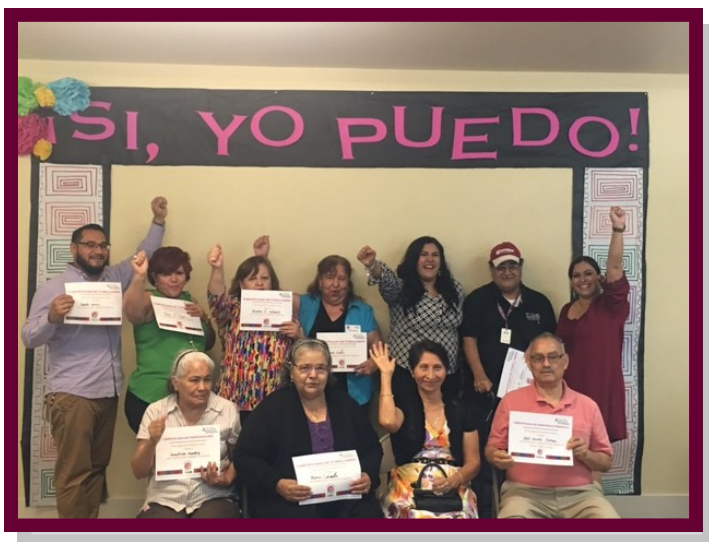
***Interested Master Wellness Volunteers will be in charge of portions of the educational class and conducting of mini-food demos during every class.**

Dates: Wednesdays, June 14,21,28 July, 5, 12, 19 and August 30th.

Time: 5:30 p.m.. —7:00 p.m.

Place: Texas A&M Agrilife Extension Hidalgo County Office - 410 North 13th Avenue, Edinburg, TX 78541

Please contact me if interested. (Flyer attached on next page).



*Class Starts
June 14!*



TEXAS A&M
AGRILIFE
EXTENSION

¡SÍ, YO PUEDO CONTROLAR

MI DIABETES!



*Do you have Type 2 diabetes?
Do you want to be healthier?*

*If so, ¡Sí, Yo Puedo Controlar Mi
Diabetes! is a program for you.*



- ☐ Free
- ☐ 7 classes
- ☐ Learn how to control your diabetes
- ☐ Learn how to live healthy
- ☐ Taught by health professionals



LOCATION:

410 N 13th Ave.
Edinburg, Texas, 78541

TIME:

5:30PM-7:00PM

DATES: Wednesday, June 14, 21,28,
July 5, 12, 19, y August 30

CONTACT:

Esly Reyes
(956)383-1026

*¡You Can
Control Your
Diabetes!*

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Step Up & Scale Down Program at TXDOT Feb. 21-May 16 (Tuesdays)



Step Up & Scale Down is a program which aims to prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors. Control total calorie intake to manage body weight. Increase physical activity, and reduce time spent in sedentary behaviors. Join us and help us to deliver this amazing program.

This program will be implemented at Texas Department of Transportation (TXDOT)

Dates: Feb 21- May 16 (only Tuesdays)

Time: 3:00p.m. – 5:00 p.m.. (Additional time for preparation).

It will be a great opportunity for you to start accumulating your hours. Please email or call us ASAP to confirm your attendance.

(e.g.) If you volunteer throughout this program your total hours will range from 24-36 hours! (Required # of hours before certification = 40 hours)

Master Wellness Volunteer Training – June 1– June 29.



The 2017 Master Wellness Training will be conducted every **Thursday from June 1 - June 29 at the Hidalgo County Extension Office from 9:00a.m.-3:00 p.m.** Since you have gone through this training you will be able to help us deliver the curriculum to our new Master Wellness Interns.

If you are interested in forming part of the “Master Wellness Training Teaching Committee” please let me know at your earliest convenience.

***Flyer attached on next page. (Please help us distribute to friends and family).**



HEALTHY SOUTH TEXAS



Hidalgo County Extension

**Presents: 2017
MWV Training**

Class Dates:

Thursdays,
June 1- June29
2017

*Face-to Face or
Online Hybrid Options
Available *

Time:

9:00am- 3:00 pm

Location:

Hidalgo County Agrilife
Office
410 N 13th Avenue
Edinburg, TX 78541

Cost:

Regular \$75, Student
\$25

**Call to
Register
now!!**



Become a Master Wellness Volunteer!

Obtain knowledge and skills to live a healthier lifestyle
and encourage others to do the same.

For more information contact:

Esly Reyes

esly.reyes@ag.tamu.edu

OR

Amy Valdez

amy.valdez@ag.tamu.edu

Office : (956) 383-1026



Master Wellness Volunteers Are:

- Community Leaders
- Civic Leaders
- Human Resource Managers
- School/Community Nurses
- Retired Individuals
- Community Health Workers
- School teachers
- College Students
- YOU!

Session Topics:

- Nutrition
- Dietary Guidelines
- Health
- Chronic Disease
- Stress Management
- Physical Activity
- And More!



HEALTHY SOUTH TEXAS

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Master Wellness Volunteers

CORNER



MWVs: Magdalena and Susana promoting the Master Wellness Volunteer Program at our 2017 Dinner Tonight Event.

Good crowd at the 2017 Dinner Tonight event.



Food demonstration in action!

Master Wellness Volunteers

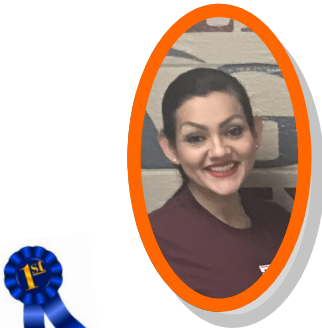
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Hours Race

Many of you have started accumulating your hours by participating at different Texas A&M AgriLife community events. I encourage every single one of you to start looking at the different opportunities to complete your 40 required hours.

Congratulations!

To **Beatriz** & **Elizabeth** for completing the most hours in March.



Beatriz Mata—18 hours



Elizabeth Paradise—17 Hours

