



Ft. Bend, Harris &  
Galveston Counties  
Master Wellness  
Volunteer Training

**Dates:**

**Face to Face:**

June 15, 29 & July 13

**Self Study:**

June 22 & July 6

**Time:**

9:00am - 4:30pm

**Location:**

3033 Bear Creek Dr.  
Houston, TX 77084

**Cost:**

\$60

(Includes all Materials)

*Sign up by  
June 5th*

**Want to live healthier and help others do the same?  
Become a Master Wellness Volunteer and obtain  
information and skills to do so.**



**Engaging, interactive workshops in:**

**Nutrition**

**Food Safety**

**Diabetes**

**Gardening**

**Heart Disease**

**Healthy Lifestyle Choices**

**Dietary Guidelines**

**Blood Pressure**

**Public Speaking**

**Stress Management**

**Physical Activity**

**And More**



<https://www.facebook.com/HarrisCountyFCS/>

For more information or to receive an application, contact Rebecca Scono,  
Admin Assistant-FCS at [rebecca.scono@ag.tamu.edu](mailto:rebecca.scono@ag.tamu.edu) or 713-274-0970.

*Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.*

*The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*  
Individuals with disabilities who require an auxiliary aid, service, or an accommodation in order to participate in this meeting are encouraged to contact Rebecca Scono, Administrative Assistant –FCS ten days before the program at 713-274-0970.