

“If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever.”

— Kofi Annan



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Questions?

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MASTER HEALTH VOLUNTEER PROGRAM

Volunteer Training Program
by:
Nebraska Extension &
National 4-H Council



Become a Master Health Volunteer!

Learn about:

- **Creating a Culture of Health**
- **Nutrition**
- **Physical Activity**
- **Social Determinants of Health**
- **Public Speaking**
- **Cultural Competency (Cultural Humility)**
- **Health Behavior Change**
- **Local Community Health Data**
- **...and more!**



This institution is an equal opportunity employer.



Overview of Program

Master Health Volunteers work to create a culture of health in their community by ensuring that lifelong health and well-being are within everyone's reach. Health matters. Master Health Volunteers know this and act with innovation and collaboration to create health as a values shared by all in a community.

Master Health Volunteer training is offered by Nebraska Extension once per year.

Call or email to see if you can get into the next class offered.

Training Requirement

- **attend Master Health Volunteer classes (offered in-person and virtually)**
- **complete assignments provided between classes**
- **complete projects and course content**

Master Health Volunteer training is approximately 40 hours of classes and supplemental learning.

Volunteer Requirement

- **volunteer 40 hours on Extension-approved projects that enhance health in the community**
- **track and submit hours**
- **maintain Nebraska Extension's mission of "Helping Nebraskan's enhance their lives through research-based information."**

Volunteerism can be tied to paid work as long as it involves improving the health of *all* in the community. Volunteerism can be a new, project or ongoing work in the community.