



# Become a Teen Health and Wellness Ambassador!



## Are you passionate about mental health, the mind-body connection, and helping others enhance their wellbeing?

Join the **University of Vermont 4-H Health HEROES** (Health Education Resources for Outreach, Engagement, and Service) program to become a Health and Wellness Ambassador promoting healthy living in your community. The program will dive into the importance of food and nourishment, physical movement, stress management, sleep and rest, relationships, school-life balance, self-compassion, and more!

Take part in two in-person training sessions on Saturdays, September 24 and October 15, from 9:30 a.m. to 3 p.m. at UVM'S Living Well Center. There will be guest speakers from UVM's Integrative Health and Wellness Coaching program and UVM's Mindfulness program. We will practice mindfulness techniques, various forms of movement, motivational interviewing, compassion for self and for others, and learn how to make nutritious snacks that will fuel your body. You will create your own unique program to share the tools you learn with your community.

Expectations for Teen Health and Wellness Ambassadors are:

1. Attend all trainings.
2. Complete several short practices and virtual trainings.
3. Create and deliver programming in your own community (at least 3 times over fall semester).

Ongoing support and mentorship will be provided during the program. There will be a final in-person event in the spring.

Please visit <https://go.uvm.edu/health-heroes> to complete the application process.

**Applications are due by Friday, September 9.**

**Applicants will be notified by September 13.**

Teens ages 14 to 18 are welcome to apply. Space is limited to 20 Ambassadors. Contact 4-H Educator Margaret Coan at [mcoan@uvm.edu](mailto:mcoan@uvm.edu) for more information. To request a disability-related accommodation to participate, please contact her by September 2.

[www.uvm.edu/extension/youth](http://www.uvm.edu/extension/youth)