



Want to help others live healthier lives?

**Join us for
new free program!**

Get 40 hours of training in exchange for 40 hours of service to support healthy living programs in your community! In-person & virtual trainings to be held Tuesdays in February-March from 10-12. Some self-directed studies.

- ♥ Healthy eating & weight management
- ♥ Exercise to improve balance & flexibility
- ♥ Prevent & manage chronic diseases
- ♥ Behavior change strategies that stick
- ♥ Much more!

Complete your application here:
<https://tiny.utk.edu/HealthAmbassador>



Contact June Puett, Hamilton County Extension Family & Consumer Sciences Agent
jpuett@utk.edu or 423-209-8560
by January 15.