



# MASTER HEALTH EDUCATION VOLUNTEER PROGRAM

*“Promoting healthy living  
through community connections”*

## What is the Master Health Education Volunteer Program?

A community health education and volunteer leader training program offered through the Mississippi State University Extension Service focused on the health and well-being of our senior citizens. The training is divided into a two-part training. Certification as a **Healthy Futures Volunteer** is awarded after Part 1 training and after Part 2 training, certification is granted as a **Master Health Education Volunteer**.

<http://msucares.com/health/health04/mhev/index.html>

## What are the Program Objectives?

- Provide accurate community-based health promotion information
- Develop community programs related to health promotion
- Support senior health programs
- Develop leadership skills among volunteers

## Who can be a Master Health Education Volunteer?

- No previous experience or training necessary
- Willingness to learn and share knowledge with others
- Personal commitment to volunteerism

## What are the Benefits?

- Personal satisfaction
- Interaction with others
- Recognition opportunities
- Connection to the community
- Development of personal skills

## What Topics Will Be Included in the Training? (4 topics per training)

- Breast and Prostate Cancer Awareness
- Colorectal Cancer Awareness
- Heart Attack and Stroke Signs and Symptoms
- Osteoporosis
- Vision Care
- Oral Health
- Alzheimer’s disease
- Self-care

## What Are the Commitments of a Healthy Futures Volunteer or Master Health Education Volunteer?

Each volunteer must attend one day of instructional training and commit to completing 20 hours of approved volunteer service in one year.

## How Do I Apply?

- Register for the program, sign a memorandum of agreement
- Interview with Extension staff

## For More Information Contact:

Your County Extension Office or Ann Sansing, MHEV Coordinator at 662.325.4043 or [asansing@ext.msstate.edu](mailto:asansing@ext.msstate.edu)

