



Health PROs are student volunteers who help other students make informed health and wellness decisions by offering fun, interactive educational outreach on campus. They are trained and supported by Student Health Services/Health Education at Minnesota State Mankato.

### What Health PROs Volunteers Do:

- provide health and wellness outreach activities and educational presentations for classes, residence halls, student groups/clubs
- commit **2-3 hours a week**, three activities/presentations per semester for one academic year (Fall and Spring semester)
- attend weekly meetings (**Mondays at 4:00 each week**)

### This Year's Training:

- interested students **must** be able to attend training:
  - **Friday, September 20 (4-9:00) and Saturday, Sept 21 (9-4:00)**
- covers information about reproductive health, healthy eating, fitness, stress management, alcohol, healthy sleep habits, & other health-related topics
- provides public speaking and presentation skill development
- mentoring provided by returning Health PROs volunteers
- training, materials and supplies=great resources for young professionals!

### Benefits of being a Health PROs Volunteer:

- develop excellent leadership, presentation, speaking and training skills
- learn how to provide fun, interactive educational programs
- increase knowledge on health issues
- be part of a fun group of students with similar interests
- gain valuable experience for future career/employment

Find an application and more information about this volunteer opportunity by visiting <http://link.mnsu.edu/92w> or scanning this code:



Questions? [lori.marti@mnsu.edu](mailto:lori.marti@mnsu.edu) or 507- 389-5689.  
Application deadline: 3 pm September 13th, 2024