



## Health & Wellness Workshop Volunteer

Community Involvement Programs (CIP) offers support programs that help the people it serves live their greatest lives. Our services promote wellness, safety and recovery for people with mental health diagnoses and or disabilities. CIP's Health & Wellness Program would like to hold workshops that promote healthy living in order to help its employees live healthier lives.

### Description

CIP's Health & Wellness Program is looking for a volunteer to prepare and present a health and wellness workshop focusing on either stress management, weight management, healthy cooking, emotional health and or healthy physical activity. The volunteer will create the program of the workshop at his or her discretion and submit the plan for approval. During the workshop event the volunteer will lead CIP staff in activities that promote healthy living. This is a great opportunity for those who enjoy using their knowledge and background to make the world a healthier and happier place.

### Qualifications:

- Be able to independently plan and manage a workshop
- Have a background in a health or wellness related field

### Benefits to Volunteer:

- Enjoy free healthy bagged lunch
- Have your goodwill appreciated by those in the community
- Make new friends and help promote healthy living

### Time and Location

The workshop will be a one-time event held during the workweek around lunchtime for 45 minutes to an hour at a date convenient for both the volunteer and CIP staff planning to attend. While the location is yet to be determined it will be either held at our main office branch at 1600 Broadway St. NE. Minneapolis, MN 55413 or at one of our other nearby office locations in North-East Minneapolis.

**Contact: Jaime Gjerdingen | Volunteer Coordinator | [jgjerdingen@cipmn.org](mailto:jgjerdingen@cipmn.org)**

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Volunteer Coordinator: \_\_\_\_\_