

Become a Wellness Ambassador!



Are you passionate about...

Health and Wellness • Cooking • Gardening •

Fitness • Dancing • Cultural Diversity •

Health Education or Journalism?

**Become a Health & Wellness Ambassador
at your campus!**

- Join monthly Zooms with other Health and Wellness Ambassadors!
- Help bring wellness activities to your campus!
- Use **tools**, **resources**, and **guidance** from our team!
(Margaret Clayton, Greg Parnell, Francisco Ramirez, Shantel Wilcots,
Amy Johannsen, Eric Veloz and Laura Stewart)

Interested in sharing your passion for wellness?

**Contact Margaret Clayton, Director of Nutrition and Wellness, at
mclayton@cbhi.net.**