



## Internship & Volunteer Opportunities with

# *Love to Live Well*

### Community Health Projects & Coalition Work

- Wellness Alliance for Total Children's Health (WATCH-Denton County) (mental health)
  - Educational workshops and opportunities to provide the community on mental health/wellness
  - Tasks for the coalition as needed
  
- Denton County Healthy Communities Coalition
  - Healthy Dining Guide for Denton
  - Community Gardens Guide
  - Tasks for the coalition as needed
  
- Texas A & M AgriLiFE Leadership Advisory Board
  - Increase awareness of Texas A & M AgriLiFE activities in the community
  - Tasks for the board as needed
  
- Collaborations with Community Partners:
  - Seniors in Motion (seniors), A & M AgriLiFE Extension (community health education workshops/classes), Denton Community Health Clinic (worksite wellness programs), D & D Sports Med (PT clinic)
  - Community events, health fairs, community nutrition screenings in collaboration with Seniors in Motion for Senior Fitness Test (2-3 x/yr)

## Community Health Educator, Health Coach, & Dietitian Private Practice

- Individual & Group Counseling on Healthy Eating, Physical Activity and Stress Reduction
- Seminars & workshops in the community (supermarket tours, personal health and wellness, weight management)
  - Workshops/classes in the community
- Content for newsletter articles, handouts, blog & social media updates
- Community health campaigns, health challenges, online classes
  - Meet & Beat Metabolic Syndrome
  - Scale Down to a Healthier You
  - Reclaim Dinnertime Together
  - Enjoy Your Path to Wellness
  - Others
    - Updating resources to the community on where people can be active safely
    - Virtual Fridge & Pantry Makeover
    - Virtual Supermarket Tour (strategic shopping)
    - Critical Consumers of Health Information
- Health fairs (employers & community) and community outreach events

## Interested in volunteering, conducting service learning projects, or interning with us?

To apply, please send the following to Dr. Anna Love by email ([anna@lovetolivewell.com](mailto:anna@lovetolivewell.com)):

1. Updated resume
2. 1 page description of
  - What activities of Love to Live Well interest you most (see [www.lovetolivewell.com](http://www.lovetolivewell.com) for more detail)
  - Where do your passions lie in terms of **both** health topics **and** populations; include settings that interest you
  - What you hope to do after you graduate