



TENNESEE 4-H HEALTHY LIVING AMBASSADOR PROGRAM

WHAT IS A HEALTHY LIVING AMBASSADOR?

A Healthy Living Ambassador works with their county extension agents to promote wellness initiatives within their county. The 2025-2026 program year will run August 1st, 2025-July 31st, 2026

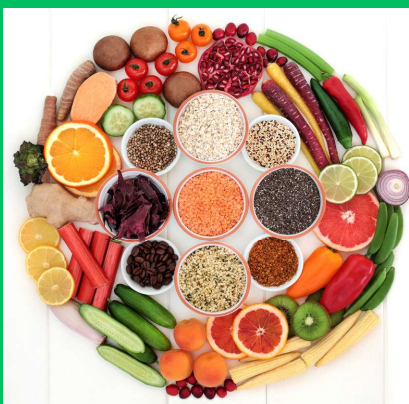
QUALIFICATIONS:

- Must be in 9th-12th grade (starting August 2025)
- Must be involved in a 4-H Project
- Have an interest in healthy living and wellness

REQUIREMENTS:

- All Healthy Living Ambassadors are required to attend an orientation training
- Healthy Living Ambassadors will need to acquire 10 volunteers hours over the 2025-2026 program year
- HLAs are required to attend 4 monthly meetings

Contact your county extension office for more information and an application. The application deadline for the 2025-2026 program year is Monday, May 19, 2025.





IN- PERSON TRAINING INFORMATION

TRAINING INFORMATION

All Healthy Living Ambassadors are only required to attend **one** training. Contact Erin Ortiz at eortiz7@utk.edu before May 19, 2025 if have a conflict with any of these dates.

TRAINING DATES AND LOCATIONS:

Western Region:

Date: Tuesday, July 29th, 2025

Time: 10am-2:30pm (CST)

Location: Western Region Office
605 Airways BLVD, Jackson, TN, 38301

Central Region:

Date: Wednesday, July, 30th, 2025

Time: 10am-2:30pm (CST)

Location: Rutherford County Extension Office
315 John R. Rice Blvd, Murfreesboro, TN 37129

Eastern Region:

Date: Saturday, August 9th, 2025

Time: 10am-2:30pm (EST)

Location: Eastern Region Extension Office
1801 Downtown West Blvd., Knoxville, TN 37917

