



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.

Health PROs Volunteers:

- 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 from 5-6:00pm each week**)

Interested students must be able to attend training on Saturday, Sept 20th (9-4:00). This training:

- 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
- provides mentoring by returning Health PROs volunteers
- includes skills practice, materials and supplies, great resources for young professionals!

Health PROs Volunteers:

- develop excellent leadership, presentation, speaking and training skills
- learn how to provide fun, interactive educational programs
- increase knowledge on health issues
- are 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>

Questions? logan.rademan@mnsu.edu or 507- 389-5689.

Application deadline: 3 pm September 16th, 2025

Student Health Services/Health Education
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