Join the Health Nest Team

What is a Health Nest?

The Health Nest is a weekly outreach program that provides health related topics, activities and resources to the UTSA community.

Who is the Health Nest Team?

The Health Nest team are a group of students that volunteer as health advocates and work together to promote wellness by increasing awareness of student health issues and encouraging positive lifestyle choices.

Requirements of a Health Nest Team Member

- Attend a mandatory training
- Work a weekly 2 hour Health Nest shift (Wednesdays 11am-1pm)
- Attend weekly 1 hour meetings (Thursdays 12:00pm-1:00pm)
- Commit to volunteer 3-5 hours per week
- Possess an outgoing personality with effective communication skills!

Responsibilities of a Health Nest Team Member

- Serve as a health education resource for UTSA students
- Develop & promote health education activities & materials for weekly topics
- Assist in evaluation of the Health Nest
- Help to recruit future Health Nest Team members

Why should I become a member of the Health Nest team?

If you are interested in educating the UTSA community on issues related to health and wellness (such as nutrition, physical activity, body image, time management, financial health) then this is the team for you! All majors are accepted and welcomed for this volunteer opportunity!

- Gain professional work experience to build your resume
- Develop communication & leadership skills
- Increase public speaking & promotional skills
- Gain knowledge in several areas of health & wellness
- Meet new people!

If interested in being a Health Nest team member please go to [http://utsa.edu/health/healthnest.html](http://utsa.edu/health/healthnest.html) and apply today!