



# TENNESSEE 4-H HEALTHY LIVING AMBASSADOR PROGRAM

## WHAT IS A HEALTHY LIVING AMBASSADOR?

A Healthy Living Ambassador works with their county extension agents and promote physical, mental, and emotional well-being within their community.

### **Healthy Living Ambassadors:**

- Assist or lead programming related to healthy living and wellness
- Organize events or workshops on healthy habits
- Serve as a role model in their community and 4-H club

## QUALIFICATIONS:

- Must be in 9th-12th grade (starting August 2026)
- Must be involved in a 4-H Project
- Have an interest in healthy living and wellness

## REQUIREMENTS:

- Attend a yearly orientation
- Complete 10 hours of volunteer work focused on promoting healthy living
- Attend 4 yearly meetings

**Contact your county extension office for more information and an application. The application deadline for the 2026-2027 program year is Monday, May 18, 2026.**





# ORIENTATION INFORMATION

## ORIENTATION DATES AND LOCATIONS:

### **Western Region:**

**Date:** Monday, July 27, 2026

**Time:** 10am-3:00pm (CST)

**Location:** Western Region Office  
605 Airways Blvd, Jackson, TN, 38301

### **Central Region:**

**Date:** Wednesday, July 29<sup>th</sup>, 2026

**Time:** 10am-3:00pm (CST)

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

### **Eastern Region:**

**Date:** Saturday, August 1<sup>st</sup>, 2026

**Time:** 10am-3:00pm (EST)

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

Contact Erin Ortiz at [eortiz7@utk.edu](mailto:eortiz7@utk.edu) before May 18, 2026 if have a conflict with any of these dates.

