



Title: **Wellness Event Volunteer**
Reports To: Wellness Event Supervisor
Type: Volunteer (unpaid)
Duration: One-time - Friday, April 18 from 1:00 – 4:00 pm

Position Summary:

We are seeking wellness professionals to volunteer their time and expertise at our upcoming employee Wellness Event. This is a fantastic opportunity to share your knowledge and skills with our staff, helping to promote a culture of health and well-being. Whether you specialize in chiropractic care, nutrition, mental health, fitness, or other wellness-related fields, your contribution can make a positive impact!

Community Action Partnership of Ramsey & Washington Counties is dedicated to investing in people experiencing poverty to build generational prosperity. Through programs like Energy Assistance, Head Start, and Financial Opportunity initiatives, we provide essential resources that empower individuals and families. By supporting the well-being of our employees, we strengthen our ability to serve the community effectively.

Benefits of Volunteering:

- Share your expertise with individuals eager to improve their health and well-being
- Gain exposure for your practice or field of work

Essential Functions:

Duties & Responsibilities:

- Set up and manage a designated wellness station or activity
- Offer guidance, demonstrations, or hands-on services in your area of expertise
- Answer employee questions related to wellness topics
- Maintain a welcoming and professional presence throughout the event
- Other duties as assigned

Safety: Responsible for conducting all duties in a safe manner.

Affirmative Action: Responsible to follow affirmative action plan as set forth and signed by the Board of Directors.

Qualifications:

Education & Experience:

- Must be at least 18 years of age
- Professional training, certification, or experience in a wellness-related field (e.g., chiropractic care, nutrition, fitness, massage therapy, mental health, holistic health, etc.)

Abilities & Skills: In order to be successful in this position, the volunteer will at minimum need to possess the following abilities and skills:

- Ability to prioritize and manage multiple tasks
 - Must be able to function independently with minimal supervision, accept support as needed, and be an effective team member
 - Must be self-motivated, dependable, and demonstrate both leadership skills and mature judgment abilities
 - Must be comfortable interacting with people of diverse backgrounds, education, economic status, and culture
- Fluency in English language (spoken)

Physical Requirements:

Normal office exertion required. Ability to lift 20 lbs (desired).

Mental Requirements:

Ability to manage multiple interactions and provide informative, supportive services in a public setting

Environmental Requirements:

Multi-tasking busy event environment.

Time Commitment:

One-time event on **Friday, April 18 from 1:00 – 4:00 pm.**

Location:

450 Syndicate St North, St Paul, MN 55104 (Office is located on the Green Line train route.)

REGISTRATION INFORMATION:

Complete a Volunteer Application at <https://caprw.org/take-action/volunteer.html>

Questions? Email volunteers@caprw.org

The mission of **Community Action** is to invest in people experiencing poverty to build generational prosperity. Community Action Partnership of Ramsey & Washington Counties provides a variety of programs including Energy Assistance, Energy Conservation, Head Start, Early Head Start, and Financial Opportunity Programs. Visit www.caprw.org to learn more.

Note: The above statements are intended to describe the nature and level of efforts being performed by persons assigned to this volunteer position. They are not intended to be an exhaustive listing of all responsibilities, duties, and skills required, and management reserves the right to make modifications at their discretion.

2025