



**National
Multiple Sclerosis
Society**

Volunteer Wellness Partnership Cultivator

Overview:

Wellness is a dynamic state of physical, emotional, cognitive, spiritual and social well-being that can be achieved even in the presence of a chronic illness or disability. The South Central Region makes wellness programs available through a variety of approaches. We currently offer over 45 wellness classes across our Region, inclusive of adaptive yoga, Pilates, seated exercise, art therapy, meditation, assisted physical training, aquatics, and therapeutic horseback riding. The vehicle to increase wellness programs in FY 2013 will be through community partnerships. **This volunteer role is a unique opportunity to work with the Society staff to lead efforts to create new wellness opportunities, by connecting to community wellness instructors and/or community based wellness organizations.**

Key Responsibilities:

- Represent the Society in your local community. Build awareness in the community about the importance of wellness programs for people living with multiple sclerosis
- Lead efforts, with support from Society staff, to create new wellness partnerships in your community, where accessible options do not exist. Assess your community in terms of the needs for wellness programs for people living with MS. Assist in the identification and assessment of local wellness community resources. Develop and make connections with community based wellness organizations, and/or community wellness instructors that currently offer or have the potential to offer wellness classes for people living with disabilities or chronic conditions.
- Build initial contacts with community wellness organizations; provide information to these organizations about the mission of the Society related to wellness programs, and the importance of building wellness partnerships as a vehicle to increase wellness opportunities for those living with MS. Explore potential collaborative partnership opportunities, reduced rates for members, or shared cost arrangements.
- On-going communication with Society staff regarding the development of any new partnerships, to ask questions, get feedback, etc.

Education and Support

- Volunteers will be given significant training and support in their roles.
- All volunteers will receive specific and thorough training relating to the development of new wellness partnerships. Volunteers will meet with a staff mentor, either in

- person or over the phone, who will guide them through the process of creating a new wellness program.
- Volunteers will be given a toolkit during training designed to provide information, resources and strategies regarding potential community wellness partners, the specific process in order to develop/expand wellness opportunities for people living with MS, how to maximize the effectiveness of a partnership and how to nurture and sustain a positive community presence.

Qualifications & Time Commitment

- Desire / passion for wellness programming
- Interest in expanding wellness opportunities for people living with MS in their communities.
- Creativity
- Professional attitude; good communication skills.
- Persistence.
- Willingness to serve, dedication
- Can be days, or weekends; variable to meet the needs of the volunteer.
- Approximately 5-10 hours per month

Impact

- Our Regional wellness programs help to improve the quality of life for those living with MS, enhancing physical, emotional, cognitive, and social well-being. By creating new wellness programs / new wellness community partnerships we are making an important impact for those living with MS, and are assisting in the advancement of our mission, by creating programs that enhance the lives of people living with MS.

If you are interested in this opportunity, please contact Lissa Giacco, Director, Programs & Services at 800-323-4873, 713-394-2928 (direct) or Lissa.Giacco@nmss.org for more information.