



Wellness Coordinator (Volunteer Position)

Overview

The Wellness Coordinator plays an essential role in implementing all Healthy Communities programming in the Area. Additionally, this leadership position will direct athletes and family members to needed health services and resources.

Qualifications

Experience in a health field and knowledge of healthcare services and resources available for people with disabilities is a plus.

Supervisor: Area Director and SOWA Director of Health Programs

Principle Duties:

- Behave in a manner consistent with SOWA's core values of mutual respect, positive attitude, accountability, teamwork and dedication.
- Serve as the Area liaison regarding health and wellness matters.
- Ensure Coaches are implementing health programming as intended during practices and competitions, and provide guidance when necessary.
- Collect athlete health data from coaches and send to state office quarterly.
- Understand both the Healthy Athletes and Healthy Communities programs offered, and represent SOWA at community events as needed.
- Be familiar with health services and resources in the Area, and provide guidance to athletes and family members looking to access health services and resources.
- Participate in monthly Area Leadership Team meetings.
- Meet with Health & Wellness Coordinator on a monthly basis (Skype, phone, or in person)

Benefits:

Serving as a Wellness Coordinator for an Area allows opportunities for developing marketable job skills, creating personal and professional relationships, directing your own volunteer time, making a tangible difference in the lives of individuals with intellectual disabilities.