Helping People Be Whole

There are many elements that go into a healthy lifestyle and those who promote health and wellness to the public are familiar with each and every one. Through education and outreach, health and wellness professionals enable individuals to eat right, exercise regularly and find healthy ways to relieve their tension and stress. It’s a rewarding career for those who value a healthy lifestyle and want to encourage others to do the same.

The Program

Macomb’s Health and Wellness Promotion Program leads to an Associate of Applied Science Degree and provides you with the knowledge and skills necessary to show others how to lead a healthy life. You will learn about disease prevention, nutritional guidelines, behavior modification strategies and the relationship between exercise and weight management. The program also prepares you for transfer to a bachelor’s degree program if you choose to broaden your education in community health, public health, or health and wellness promotion.

Career Opportunities

Health and wellness is a universal concern with health educators needed for local, state, regional, national and global initiatives. Openings exist in government agencies, school districts, community health organizations and hospitals. There are also many grassroots organizations in need of assistance in the community health arena.
TRANSFERRING IS EASY

Credits earned in the Health and Wellness Promotion Program transfer to many colleges and universities in Michigan. Students intending to transfer to another college or university should talk to a Macomb counselor or academic advisor before registering for classes.

Center Campus: 586.286.2228
South Campus: 586.445.7211
Email: answer@macomb.edu

LOOKING FOR A JOB?

Contact Career Services
586.445.7321
careerservices@macomb.edu

For more information, visit www.macomb.edu and search “Health and Wellness Promotion” or call the Health and Human Services Department at 586.286.2074.

For general information about Macomb Community College, call 866.Macomb1 (866.622.6621) or email answer@macomb.edu.

Employment Outlook

With an Associate of Applied Science Degree in Health and Wellness Promotion from Macomb, you will be qualified for careers that include community health worker or health coordinator. The median salary in Michigan for these careers is $41,730, with an expected job growth of 16 percent through 2026.

Two years at Macomb equals a tremendous savings—$18,000+—compared to attending a Michigan four-year public university. Approximately 80 percent of Macomb students leave the College DEBT FREE.