



## Light of Chance, Incorporated

### Internship/Practicum, Youth Wellness Program Assistant

Light of Chance, Incorporated ([www.lightofchance.org](http://www.lightofchance.org)) is a creative and innovative non-profit organization that specializes in community revitalization. We conduct events and workshops in communities that create awareness as well as provide positive solutions to those issues. Instead of temporary fixes, Light of Chance seeks to help individuals find permanent resolutions.

**GET SET GO** is a free health initiative that encourages youth grades K-8 to become more active and healthy through nutrition and physical activity. The program also seeks to combat childhood obesity by showing participants healthier ways of eating in their existing environment; increasing their physical activity.

#### **PRIMARY DUTIES AND RESPONSIBILITIES:**

Primary responsibilities include but not limited to:

- Work directly with Light of Chance wellness program (*Get Set Go*)
- Assist with facilitating and implementing physical activity.
- Assist with nutrition management.
- Assist with physical activity curriculum.
- Perform measurement and evaluation of the program participants.
- Gain experience with exercise testing and prescription.
- Gain wellness coaching experience by working directly with program participants' and their family while providing feedback and tips on leading a healthy lifestyle.
- Collect data for research.
- Interact with underserved and vulnerable youth populations as a mentor for the wellness program.
- Assisting with structure of wellness program.

Secondary responsibilities include but not limited to:

- Work directly with Executive Director.
- Assist with fundraising.
- Attend Coalition meetings.
- Help with Board Recruitment.
- Assist with public relations and marketing.
- Recruitment of volunteers for special events.



LIGHT OF CHANCE, INC • P.O. BOX 1636 • BOWLING GREEN, KENTUCKY 42102-1636  
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- Develop and maintain project budgets.
- Assist with day-to-day operations

### **PREFERRED QUALIFICATIONS:**

Interns should exhibit interest in wellness and community outreach programs. The Intern is a detail-oriented self-starter with excellent analytical thinking abilities with excellent communication skills. The internship is a great chance to receive hands on and real world experiences with the opportunity to affect many lives. **Position will remain open until filled.**

### **CHARACTERISTICS AND NECESSARY SKILLS:**

Moderate knowledge of computers is required (Microsoft Word, Excel, PowerPoint, Outlook, etc). Must possess strong interpersonal and organizational skills, team builder, and meet deadlines.

### **HOW TO APPLY:**

Submit a cover letter and current resume to [info@lightofchance.org](mailto:info@lightofchance.org) or

Light of Chance, Incorporated  
P.O. Box 1636  
Bowling Green, KY 42101.

For inquires, contact Eric Logan @ [eric.logan@lightofchance.org](mailto:eric.logan@lightofchance.org).

**All qualified individuals are encouraged to apply including women, minorities, persons with disabilities and disabled veterans. Light of Chance, Incorporated is an Affirmative Action/Equal Opportunity Employer.**