

What Internships Can I do with a Major in Health and Wellness Promotion?

Internship Examples

Position	Employer	Website
Human Services Internships	Black Mountain Center	http://www.bmcnc.org/
General Internship at Horse Sense	Horse Sense	www.HorseSenseOtc.com
Natural Medicine/Pharmaceutical Internships	King Bio	http://www.kingbio.com
Orthotics Lab Assistant	Foot Rx Running	http://www.footrxasheville.com/
Wellness Center Internships	Tanglewood Wellness Center	http://www.tanglewoodwellnesscenter.com/intern.php
Experiential Education Intern- Shiloh Community Garden	Bountiful Cities Project	www.bountifulcitiesproject.org
Health & Wellness/Education/Multimedia/Women's Studies Interns	WNC AIDS Project	http://wncap.org/
Health Promotion Intern	Buncombe County Health Center	http://www.buncombecounty.org/governing/depts/Health/
Internship Program	Raleigh Parks and Recreation	www.raleighnc.gov
Wellness Intern	Asheville Movement Center	http://www.laviniaplonka.com
Psychology, Sociology, Health & Wellness Interns	CooperRiis	http://www.cooperriis.org/
Wellness Intern	Rumbling Bald Resort	www.rumblingbald.com
Diabetes Wellness Intern	YWCA of Asheville	http://www.ywcaofasheville.org
Nutrition and Hunger Education Advocate/Intern	Manna Food Bank	http://www.mannafoodbank.org
Salaried Summer Internship	Muscular Dystrophy Association	www.mda.org

This internship listing was created to provide you with examples of the types of internships a health and wellness promotion student can pursue. The opportunities may or may not be currently available depending on the employer.

Internships provide valuable opportunities for students to test out career options and/or to gain work experience in their chosen field. Simply defined, internships may be paid or non-paid experiences with an employer. Internships can be completed during the school year or during the summer. Academic credit (typically 1-3 hours) may be available for an internship depending on the student's department at UNC Asheville. You may visit

<http://www.unca.edu/career/At-A-GlanceInternships.pdf> to view a listing of offered departmental courses. The Career Center also teaches a two-credit course each spring HWP 257, *Internship – Exploring Career Choices*, which is open to students of any major or academic level.

Many internships are “ready-made” and may be found through a variety of internet and print resources. The Career Center houses books and resources in the Career Library (259 Highsmith) for internship research and lists helpful internship search links at <http://www.unca.edu/career/internships.html>. Also keep in mind that you can “create your own” internship by directly contacting employers of interest. Contact the Career Center if you need assistance in preparing a resume and approaching potential internship sponsors.

The UNC Asheville Career Center

explore, experience, reflect, commit... succeed

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