**Rules for Participation**

**Mentors**:

* Must be an active member of NPHA in good standing.
* Public Health professionals must be currently working in the public health or related field for three years or more.
* Must be willing to commit to the mentorship program for the remainder of the year.
* Must complete a mentor application.
* Must be 18 years of age or older to apply.

**Mentees**:

* Must be an active member of NPHA in good standing.
* Must be currently working in the public health field for three years or less and/or be studying public health or related field and seeking to advance their career.
* If a student, must be a full-time or part-time student in good standing.
* Must be willing to commit to the mentorship program for the remainder of the year.
* Must complete a mentee application.
* Must be at least 18 years or of age or older to apply.