

# TacMobility

## Wellness & Resiliency Training



*It's not enough to hear  
about officer resiliency,  
you need experience it.*

### **Trauma Informed Policing:**

Evidence based research on the physical and psychological effects of stress & trauma exposure

### **Resiliency Development:**

Live stress inoculation to develop and practice resiliency and an optimal Heart Rate Variability (HRV)

### **Chronic Tension Management:**

Customized recovery movements consisting of Myofascial release and static stretching to reduce chronic tension



TacMobility is NCP certified **continuing education** by IADLEST to meet your highest training standards

**DATE: JUNE 22, 2023**

**TIME: 8A-12P OR 1P-5P**

**WHERE: ADAM'S COUNTY FLATROCK REGIONAL TRAINING CENTER**

**COST: \$199/EA (\$149 EARLY BIRD ENDS MAY 12)**

**4 MENTAL HEALTH CE'S PROVIDED**



[www.tacmobility.org/events/acso](http://www.tacmobility.org/events/acso)