

TacMobility

Wellness & Resiliency Training



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

OPEN REGIONAL TRAINING

DATE: SEPTEMBER 15, 2023

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

WHERE: ADAM'S COUNTY SO FLATROCK FACILITY

COST: \$249 EARLY BIRD (\$299 REGULAR)

NOTES: 4 CO POST CREDITS, GROUP RATES 2+

www.tacmobility.org/events/adams



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

