



FIGHT OR FLIGHT RESISTANCE TRAINING

CO POLICE :

SLOWING DOWN THE PACE IS AN
OUTCOME, NOT A "HOW-TO".
LOWER YOUR CRITICAL INCIDENT
LIABILITY & IMPROVE DECISION MAKING

INCREASE
RESILIENCY



LOWER RISK
OF INJURIES

**LIMITED
SEATS**

**8A-12 OR 1P-5
\$299 PER PERSON**

Arapahoe County Sheriff's Office
13101 East Broncos Parkway
Centennial, CO, 80112



NOVEMBER 9



FIGHT OR FLIGHT RESISTANCE

Live training aids to induce and help students decelerate Fight or Flight symptoms for better decision making and de-escalation.



ON-DUTY INJURY RECOVERY

Customized recovery techniques consisting of Lacrosse ball mobility and static stretching to improve range of motion and reduce tension - upper back, low back, neck or knees.



RESILIENCY DEVELOPMENT

Evidence-based research on the science behind stress, how to identify and manage stress symptoms and how it relates to mental health problems and chronic pain.