



TACMOBILITY
CONTROLLING THE MIND & THE MACHINE



RESILIENCY THAT DOESN'T SUCK

POLICE &
CORRECTIONS:

A wellness class that makes you feel well - evidence based stress and chronic pain management

**MAY 21 OR
MAY 22**

STEP-BY-STEP
RESILIENCY

AND

MOBILITY
TRAINING

4 OPTIONS TO CHOOSE FROM
8A-12P OR 1P-5P

Del Norte Juvenile Services Center

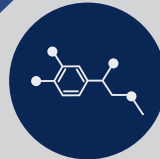
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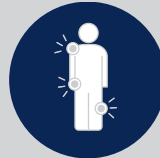


**SCAN TO
SIGNUP**



STRESS & TRAUMA EDUCATION

Interactive training aids that help students identify Fight or Flight symptoms for better decision making and stress management.



ON-DUTY INJURY RECOVERY

Customized recovery techniques consisting of Lacrosse ball mobility and static stretching for body regions impacted by shift work and gear.



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.

www.tacmobility.org

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