



TACMOBILITY
CONTROLLING THE MIND & THE MACHINE



OFFICER WELLNESS

AZ POLICE :

55% of Arizona police officers reported having chronic back pain

INCREASE
RESILIENCY

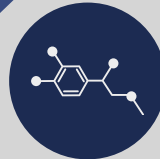
AND

LOWER CHRONIC
TENSION

FEBRUARY 29

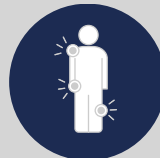
FEB 29TH
9A-1P
\$199 PER PERSON

Gilbert Public Safety Facility
6860 South Power Road
Gilbert, AZ, 85295



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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