



TACMOBILITY
CONTROLLING THE MIND & THE MACHINE



FIGHT OR FLIGHT RESISTANCE TRAINING

AZ 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

NOVEMBER 15

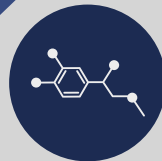
**LIMITED
SEATS**

**9A-1P
\$199 PER PERSON**

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



www.tacmobility.org



FIGHT OR FLIGHT RESISTANCE

Interactive training aids that induce and help students identify 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 for body regions impacted by shift work or gear and lowers risk of injury.



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.

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