

TacMobility

Wellness & Resiliency Training



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



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

DATE: JULY 20, 2023

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

WHERE: NAPA COUNTY SHERIFF'S OFFICE

COST: \$199/EA (\$149 EARLY BIRD ENDS MAY 12)

4 MENTAL HEALTH CE'S PROVIDED



www.tacmobility.org/events/napa