



**TACMOBILITY  
PRESENTS**

# THE REGULATORS

## FREE WEBINAR



Were you taught how to recover from Fight or Flight? While presentations are important, it's critical that you are taught what to do and when to do it.

We'll discuss the challenges in police work that cause your body to experience Fight or Flight. Plus, practice 4 ways to regulate your body fast! No equipment or experience required!

Date:  
January 16, 2024

Times:  
9a EST & 1pm EST

This free workshop is right for you if you're a:

- Police Officer
- First Responder
- Sgt or Lt responsible for briefing
- Dispatcher
- Wellness Coordinator
- Peer Support Member

For Registration Info, email Lauren at  
[LKearns@tacmobility.net](mailto:LKearns@tacmobility.net)

This training is free of charge to Rhode Island Law Enforcement, made possible through grant funding allocated to Officer Wellness by the Public Safety Grant Administration Office, which was received as Coronavirus Emergency Supplemental Funding.