

# First Responder Sleep Recovery Training for Loveland Fire

November 25 & 26, 2024

8:30 - 18:00

1040 Emergency Dr, Loveland, CO 80537



This interactive and dynamic wellness training is designed specifically for firefighter communications and emergency services personnel. The program takes an evidence-based, salutogenic approach to improve health and decrease risks associated with common health issues in the field. Participants can expect a life-changing experience that includes physical movement, breathing exercises, and guided strategies for mental relaxation.

## Training Overview

This training is interactive, dynamic and often described as "life-changing." Expect to move around, to breathe and learn guided strategies for taming the mind into a deep rest. Everything we teach is evidence based meaning it has been studied and proven for efficacy. Additionally, you'll gain knowledge and mitigation strategies to improve your health to decrease your risk on leading health issues in the fire and emergency services (cardiac, immune, mental health). We take a salutogenic approach meaning, we believe the body is designed for wellness- and with intention, dedication and practice you can achieve vitality and longevity and smash the statistics.



## What to Bring

- Please wear comfortable clothes (t-shirt, shorts or sweats welcomed)
- Bring pencil and notebook for optional note taking
- Bring a water bottle, and a sack lunch

We'll provide all practice materials

## Register Here:

To reserve a spot, please register here by Nov. 20th.

<https://www.firstrespondersleeprecovery.com/signup>

password: sleep

Please contact Sean at [firefighterssleeprecovery@gmail.com](mailto:firefighterssleeprecovery@gmail.com) with any questions. We look forward to meeting you soon!

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