

# HEALTH & WELLNESS SEMINAR FOR THE VOLUNTEER FIREFIGHTER



Pittsburgh, PA

December 2, 2023

*The FRCE is committed to promoting quality educational awareness and research to reduce physical, emotional and psychological health and wellness issues for first responders.*

Join us for an **in-person** Health and Wellness Seminar for the volunteer firefighter at **Shady Side Academy**, located at 423 Fox Chapel Road in Pittsburgh, PA. Learn valuable information to live a healthier and more balanced life. Our seminar features renowned experts in Cognitive Behavioral Therapy, cancer, cardiovascular health and mental well-being. Learn practical tips and strategies to improve your overall well-being and achieve your health goals. Mark your calendar and get ready to embark on a journey towards a healthier you!

**DATE:** Saturday, December 2, 2023

**ADDRESS:** Shady Side Academy, 423 Fox Chapel Rd, Pittsburgh, PA 15238

**TIME:** 8:30am – 4:30pm

**REGISTER:** <https://www.eventbrite.com/h&wseminar2023>

Please join us immediately after the seminar at Fox Chapel Volunteer Fire Department, 401 Fox Chapel Rd for a department tour and dinner.

**DINNER:** 5:00pm – 7:00pm

For those that would like to join a brief discussion on Expanding the FRCE outreach please join us in Fox Chapel Borough Chambers. (attendance optional)

**FRCE 101:** 7:00pm – 8:00pm

## **SPEAKERS:**

**Anne Germain, Ph.D.** – Optimizing Sleep in the Volunteer Fire Service

**Aaron Zamzow** – Firefighter Occupational Illnesses

**Ed Mann** – Combining Cancer Research with Fireground Experience for Best Practices

**Denise Smith, Ph.D. & Steven Reis, MD** – Cardiovascular Health & Disease in The Fire Service

**Captain Frank Leto** – Behavioral Health Issues in the Fire Service

