## SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION Mobile Team ASSIST #14

2300 West Main Street, Suite D-100

Belleville, IL. 62226

618/277-1550

www.silec.org E-mail: office@silec.org

Fax: 618/277-1553

**MANDATES:** 6 Hrs. Officer Wellness and Mental Health & 2 Hrs. Procedural Justice

PRESENTS

## 8 Hour First Responder Health, Wellness, and Fitness

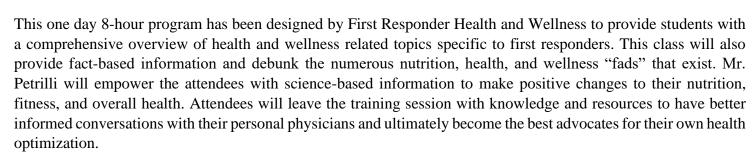
**Tuesday, January 14, 2025 – 8 AM/5 PM** 

**LOCATION:** Fairview Heights Police Department

10027 Bunkum Rd., Fairview Heights, IL. 62208

**WHO:** Steve Petrilli, Normal Police Department.

TO REGISTER: Visit our website www.silec.org. Limit 30!



This course is designed for administrators/supervisors as well as line staff.

Some topics are but not limited to:

- Insulin Resistance, Heart Health, Disease Prevention, and how they are related
- Nutrition instruction that will discuss in detail what to eat for reduction in bodily inflammation
- The importance of adequate sleep, stress reduction, hydration, and recovery
- Nutrition, Supplements, Fitness Training, Financial Planning, and Mental Health Awareness