



IFCA / PFFUI Wellness-Fitness Symposium



presented by Public Safety Medical

FRIDAY, DECEMBER 6, 2013 | 9am to 3pm

Brownsburg Fire Territory Headquarters
470 East Northfield Drive Brownsburg, Indiana 46112

Public Safety Medical, the Indiana Fire Chiefs Association and the Professional Fire Fighters Union of Indiana present the second annual Wellness-Fitness Symposium. This information-packed event will update you on the latest scientific news and techniques to improve firefighter health, wellness, fitness, safety and performance, including:

How to Implement a Peer Fitness Trainer Program

- Captain Kim Robinson, Fitness Coordinator | Indianapolis Fire Department
- Tyler Deuser, MBA, LAT, ATC, CSCS | Public Safety Medical

Creating a Culture of Healthy Eating in the Firehouse

- Heather Fink, RD, Sports Dietitian | Nutrition and Wellness Solutions

KEYNOTE TOPIC: Cardiovascular Health in the Fire Service

Stefanos Kales, MD, Chief | Occupational and Environmental Medicine at Cambridge Health Alliance, Harvard School of Public Health

Research Findings on Cancer in the Fire Service

Steven Moffatt, MD, Chief Medical Officer | Public Safety Medical

Anxiety and Stress Management in the Fire Service

Michael Maguire, Ph.D., Psychologist | Public Safety Medical


PANEL DISCUSSION: Funding a Wellness-Fitness Program / Gaining Buy-in for Your Program

- Fire Chief Bryan Husband | Lewis Township Fire Department, Coalmont, Indiana
- Fire Chief Bill Brown | Brownsburg Fire Territory, Brownsburg, Indiana
- Mayor and former Fire Chief Todd Barton | Crawfordsville, Indiana
- Fire Chief Mike Connelly | Evansville Fire Department, Evansville, Indiana

Who should attend?

- Fire Department administrators
- Local executive board members
- Peer Fitness Trainers
- Members of the department's health and safety committee
- Anyone involved in their department's wellness-fitness program

*NEW this Year!
Learn about our
Peer Fitness Trainer Workshop.*



Peer Fitness Trainer Continuing Education Workshop

- WHEN** Thursday, December 5, 2013
(the day before the Symposium)
- WHERE** Brownsburg Fire Territory headquarters
470 East Northfield Drive
Brownsburg, Indiana 46112
- WHO** Certified Peer Fitness Trainers
- TIME** 8am to 5pm
- WHY** To increase and expand your knowledge as a Peer Fitness Trainer and to keep your certification active by maintaining the required continuing education credits.
- CREDITS** This program provides 0.8 Continuing Education Credits.
- PROGRAM** The following topics will be covered in this workshop:
- Sports nutrition
 - Motivating your trainees
 - Functional strength
 - Muscle activation
 - Exercise prescription case studies
 - Marketing yourself as a Peer Fitness Trainer
- PRESENTERS**
- Tyler Deuser, MBA, LAT, ATC, CSCS | Public Safety Medical
 - Heather Fink, MS, RD, CSSD | Nutrition and Wellness Solutions, LLC
 - David Creel, Ph.D, R.D., C.D.E. | St. Vincent Bariatric Center of Excellence
 - Chris Costlow, MS, CMPE, Vice President | Public Safety Medical
- YOU RECEIVE**
- Copies of the slides from each presentation
 - Practical, hands-on experience
 - Relevant health education handouts and materials
 - A certificate of completion from ACE to award 0.8 CEC's
 - Snacks and drinks (participants responsible for lunch)
- INVESTMENT** \$150 per person (Mastercard, Visa and AMEX accepted)

Register online today!



**SYMPOSIUM and/or
WORKSHOP REGISTRATION**

Go to: publicsafetymed.com
Click on: *Wellness-Fitness Symposium*