



Sullivan County Emergency Services Training Center
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Emergency Services Training Center
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TRAINING ANNOUNCEMENT

Course Title:	Where to Start for a Healthy Heart: The Importance of Cardiac Health for First Responders
Location:	SULLIVAN COUNTY EMERGENCY SERVICES TRAINING CENTER
Date:	July 10, 2024 @ 7:00 PM
Hours:	2

Course Description

"Where to Start for a Healthy Heart" equips first responders with crucial insights into the importance of cardiac health. Explore the specific risks first responders face and learn essential preventive strategies such as regular screenings, nutrition management, and stress reduction techniques. Prioritizing heart health not only enhances performance and longevity but also ensures they can consistently deliver life-saving services under demanding conditions. This presentation is a vital guide to safeguarding well-being and resilience.

REGISTRATION: ON COUNTY WEBPAGE

FOR: All emergency response personnel

Prerequisite

NONE

PRE-REGISTER THROUGH SULLIVAN COUNTY BUREAU OF FIRE WEBSITE

THIS IS A COUNTY OFFERING

