## FREE TRAINING **SURVIVE & THRIVE**

This two-day course will equip you to manage the huge stressors unique to Public Safety as well as allow time for a deeper dive into critical issues such as depression, sleep, self-medicating, and PTSD.

**1ST SESSION 2ND SESSION** APRIL 23-24 JUNE 30- JULY 1 Birmingham

Cullman 8:00 A.M. - 5:00 P.M.

## **REGISTER TODAY!**

## 16 HOURS CEUS

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