

**Last week we celebrated First Responder Wellness by creating emails and attachments on (5) Healthy Lifestyle Dimensions that can positively enhance our Health span and quality of life as well as to help increase our Life span.**

**The Main Topics we shared were:**

- **Heart Health**
- **Sleep Health**
- **Nutrition**
- **Exercise/Physical Activity**
- **Resiliency/Stress Management.**

**Bobby Waidler - Sergeant**

Resiliency and Wellness/Peer Support/Chaplain Program/Physical Therapy Program/Reintegration

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