

South Bay Police Training Committee Presents

SOUTHERN CALIFORNIA LAW ENFORCEMENT WELLNESS CONFERENCE BUILDING A RESILIENT OFFICER

Why Cops Don't Have to Die Young!

Insulin Resistance & Heart Failure

Preventing & Reversing Type-2 Diabetes

Cardiovascular Fitness & Functional Strength

Work/Life/Sleep Balance

The Paleo Diet Solution

Wellness Leadership

James Greenwald, MD – Specialty Health

William Cromwell, MD – LabCorp

Jeff Stanley, MD – Virta

Jay Nagdimon, Ph.D. – LAPD

Mark Cucuzzella, MD – U.S. Air Force

Robb Wolf, Author – The Paleo Solution

Steve Pitts, Ret. Chief – Reno, NV

JANUARY 18, 2017

The South Bay Police Training Committee is proud to present the first ever Law Enforcement Wellness Conference. This conference offers a much needed focus on officer wellness and the need to pro-actively address the cumulative stresses that occur over an officer's career. This conference is intended for all sworn and civilian personnel, including Dispatchers, Security Officers, and Support Personnel. Significant others are also encouraged to attend.

Redondo Beach Performing Arts Center

1935 Manhattan Beach Blvd., Redondo Beach, CA 90278

8:00 AM - 5:00 PM

Online Registration Is Required

\$7.00/per person

Online registration for non-SBPTC member agencies:

<https://socal-wellness2017.eventbrite.com>

If you are an employee of one of the SBPTC member agencies please contact your training coordinator. SBPTC member agencies: Beverly Hills, Culver City, El Camino, El Segundo, Gardena, Hawthorne, Hermosa Beach, Inglewood, LA Airport, LA Port, Manhattan Beach, Palos Verdes, Redondo Beach, Santa Monica, Santa Monica City College, Torrance & UCLA.