

HANDS-ON WELLNESS TRAINING ANNOUNCEMENT



WESTFIELD HOSTS **TACMOBILITY**

OVER 3,000 COPS TRAINED



TACMOBILITY COMBINES KNOWLEDGE WITH HUMOR, WHICH IS PERFECT FOR COPS. THIS IS, BY FAR, THE MOST AMAZING TRAINING I'VE EVER GOTTEN IN MY CAREER.

WALK IN **BURNT OUT** – WALK OUT **RESET.**

THE TRAINING THAT ACTUALLY MAKES YOU FEEL BETTER THE SAME DAY
– PHYSICALLY, MENTALLY, AND EMOTIONALLY.

APRIL 22, 2026 | 8A-5P (LIMITED SEATS)

BURNOUT RECOVERY

STEP BY STEP
TECHNIQUES TO
REPLENISH YOUR ENERGY
AND LOWER FATIGUE

WORK/LIFE BALANCE

PRACTICAL, SCIENCE-
BACKED SKILLS TO
KEEP YOUR HEALTH
FROM **DETERIORATING**

PAIN MANAGEMENT

PRACTICE
GUIDED RECOVERY
STRETCHES THAT
LOWER CHRONIC PAIN



➡ **SCAN THE QR TO SAVE YOUR SPOT**

GRAND PARK EVENTS CENTER
19000 GRAND PARK BLVD, SUITE C, WESTFIELD, IN
WWW.TACMOBILITY.ORG/EVENTS/WESTFIELD