



# Premier Health

## EMS Center of Excellence

### Healthy Heroes Presents:

### *Stress Management & Relaxation Techniques for EMS*

Presented by:



**Mitchell Simmons**  
AT, CSCS, TSAC-F  
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Watch Live: Tuesday, May 12 at 9:00 am

This lecture will be available to you wherever you have access to the internet. During the live event, you will be able to text questions through our video platform. The lecture will be recorded and available soon afterwards in case you are unable to attend or are pulled away. The same link will lead you to the recording and will be available until June 1<sup>st</sup>. To receive free **Continuing Education** credit, go to the link shown at the end of the lecture.

**ONLY** if you have **NOT ATTENDED ANY** of our distance learning classes, please register using the link below:



<https://tinyurl.com/Premier-EMS-Signup>

If you have any **questions**, please contact either EMS Coordinator:

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or Elizabeth Beam [ejbeam@premierhealth.com](mailto:ejbeam@premierhealth.com)