



**First Responder
Wellness**

Women First Responder's Wellness Seminar

One-Day Seminar focused on women first responder health and wellness

For all women who are: Law Enforcement, Fire Service, EMS, EMA, Parole, Corrections, Prosecutors, Dispatchers and Leadership Roles within listed fields



Attendees must PRE-REGISTER

[Register Here!](#)

June 26, 2025 | 8am-4pm

Location:

Ohio Department of Public Safety
Thomas J. Stickrath Conference Center
1970 W. Broad St., Columbus, OH 43223



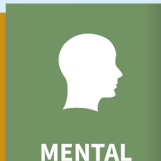
(Lunch not provided, but cafeteria available)

Topics Covered

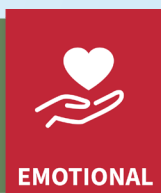
- Physical Wellness
- Injury Prevention
- Quit the Sit
- Body Resilience
- Sleep Hygiene
- Nutrition
- Mindfulness



PHYSICAL



MENTAL



EMOTIONAL



SOCIAL



SPIRITUAL

This is a free event! CPT CREDITS available