

SOUTHWESTERN ILLINOIS LAW ENFORCEMENT COMMISSION

Mobile Team ASSIST #14

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MANDATES: 6 Hrs. Officer Wellness & Mental Health AND
2 Hrs. Procedural Justice

P R E S E N T S

8 HOUR



First Responder Health, Wellness & Fitness

Thursday, December 4, 2025 - 8 am/5 pm

- WHERE:** Fairview Heights Police Department
10027 Bunkum Road, Fairview Heights IL 62208
- WHO:** Steve Petrilli, Chief of Police Normal Police Department
- TO REGISTER:** Visit our website www.silec.org.
- LIMIT:** 30

This one day, 8-hour program has been designed by First Responder Health & Wellness LLC to provide attendees with a comprehensive overview of health and wellness related topics specific to first responders. This class will provide fact-based information and debunk the numerous nutrition, health and wellness 'fads' that exist. This course is designed for administrators/supervisors as well as line staff. This program is interactive and will take a commonsense approach to explaining the subject of health, wellness and fitness. This training will cover in detail how to build a successful wellness/fitness program for individuals as well as organizations.

Funding made available by the Illinois Law Enforcement Training and Standards Board, Southwestern Illinois Law Enforcement Commission, ASSIST #14 Partnership and the seven counties of Bond, Clinton, Madison, Monroe, Randolph, St. Clair and Washington. MTU 14 request for certification of this course has been approved by the Illinois Law Enforcement Training and Standards Board.