



OFFICER WELLNESS DAY

A Friday for YOU... Designed by Officers for Officers.

DATE: February 18, 2022

TIME: 9:00 am - 4:00 pm

LOCATION: Reigning Grace Ranch

28614 N. 172nd. St.

Rio Verde, Arizona 85263



REGISTRATION: [CLICK HERE](#)

Join us for a day of wellness and self-care! Thanks to the generous support of our sponsors there is no cost to attend for officers and their significant others.

This day will offer numerous educational sessions to allow you to gain new insight and awareness into ways to support you and your family. You will choose from rotating topics including: Trauma on the Job, Financial Health, M2 Mindfulness, Benefits of Equine Experiences, Children of LEOs, Successful Relationships.

- We are providing a continental breakfast, lunch, and snacks throughout the day.
- The event is at an active horse ranch and sessions will be held outdoors.
- This event is relaxed clothing & uniform free. Please dress appropriately as the day will be spent outside. Closed-toe shoes are mandatory.
- This training qualifies for AZ POST continuing credit.
- There will be a raffle of fun giveaways at the end of the day.

Questions? Email us at OfficerWellnessDay@gmail.com

