



TACMOBILITY
CONTROLLING THE MIND & THE MACHINE



OFFICER WELLNESS

NY POLICE :

We surveyed 2,509 cops in America - 66% officers say they have chronic back pain

INCREASE
RESILIENCY

AND

LOWER CHRONIC
TENSION

SEPT 11, 2024

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8A-12P

\$249 EARLY BIRD

Erie County Training Academy

6205 Main Street, Room B-714

Williamsville, NY 14221



STRESS & TRAUMA EDUCATION

Interactive training aids that help students identify Fight or Flight symptoms for better decision making and stress management.



ON-DUTY INJURY RECOVERY

Customized recovery techniques consisting of Lacrosse ball mobility and static stretching for body regions impacted by shift work and gear.



RESILIENCY DEVELOPMENT

Evidence-based research on the science behind stress, how to identify and manage stress symptoms and how it relates to mental health problems and chronic pain.

www.tacmobility.org

IADLEST CERTIFIED TRAINING