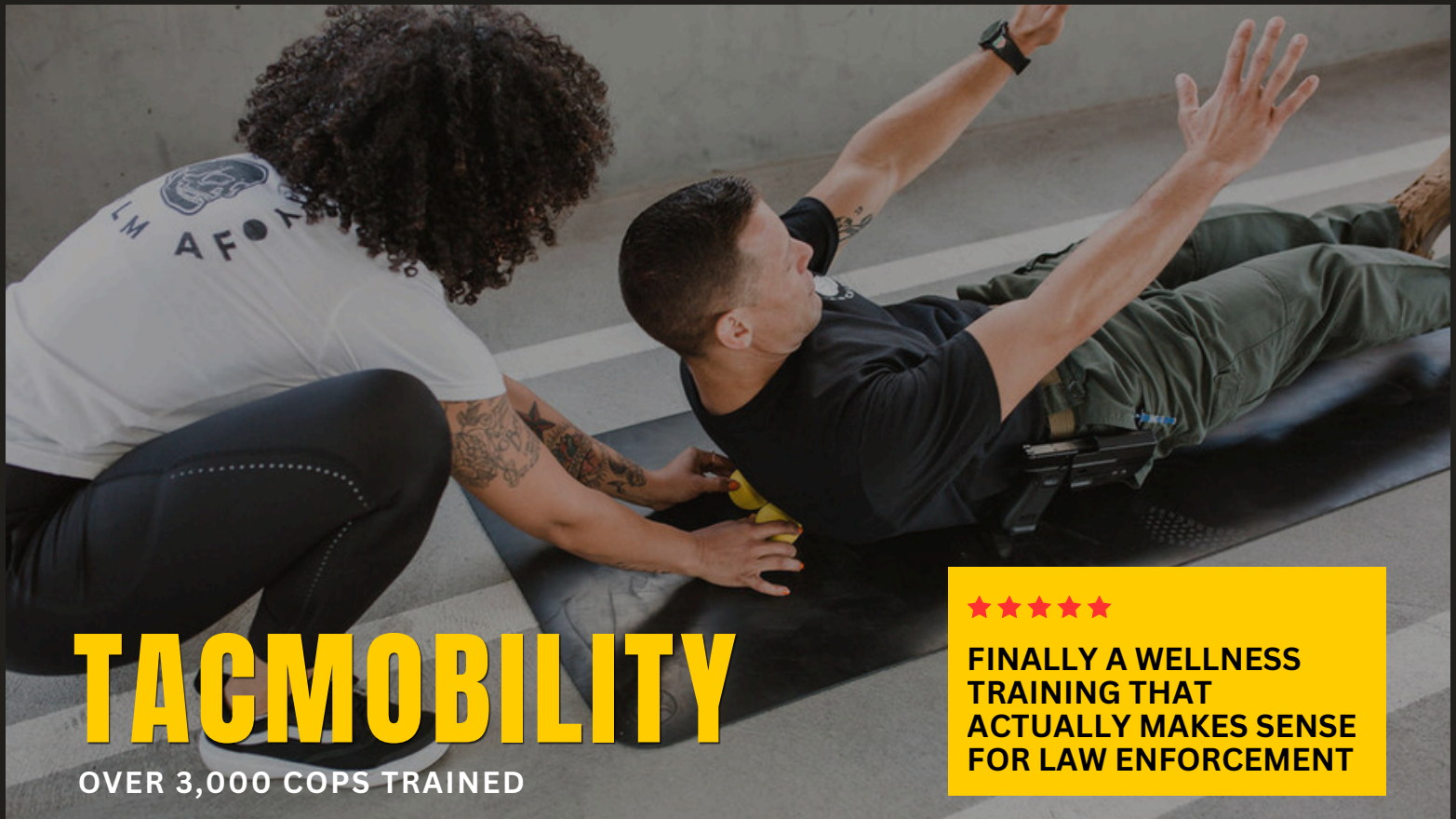


FOR THE ONES RUNNING ON EMPTY



TACMOBILITY

OVER 3,000 COPS TRAINED



FINALLY A WELLNESS TRAINING THAT ACTUALLY MAKES SENSE FOR LAW ENFORCEMENT

WALK IN BURNT OUT – WALK OUT YOU AGAIN.

**BUILT FOR COPS, DISPATCHERS, SUPERVISORS, AND
THE PEOPLE CARRYING TOO MUCH STRESS**

OCTOBER 27, 2026 | 8A-5P ERIE COUNTY

FEELING NUMB AFTER SHIFT?

LEARN HOW TO LOWER STRESS OVERLOAD AND CREATE MORE MENTAL CAPACITY ON SHIFT AND AT HOME.

LESS REACTIVITY. BETTER DECISIONS.

SCIENCE-BACKED TOOLS THAT REGULATE EMOTIONS, IMPROVE COGNITION, AND STAY GROUNDED.

GEAR, STRESS & TENSION ADD UP

GUIDED MOBILITY THAT RELIEVES TENSION FROM GEAR, STRESS, SITTING, AND ADRENALINE.



SCAN ME

THIS IS THE RESET MOST FIRST RESPONDERS NEVER GET.

BUILT FOR PATROL • SGTS • DISPATCH • WOMEN POLICE

WWW.TACMOBILITY.ORG/EVENTS