



PROACTIVE BEHAVIORAL HEALTH

THE UPSTREAM WORK-LIFE BALANCE APPROACH

Dr. Donnie's 4-hour workshop focuses on you as a whole person. If you're in public safety and want to improve your family relationships and physical and mental health while having greater success at work and home, then this workshop is for you. We explore the proactive behavioral health, wellness, and relationship qualities that make for successful and resilient public safety professionals and staff at work and home. You will learn from evidence-based research the greater you care for yourself, the happier and more effective you will be at serving your community and caring for your family. The workshop includes many interactive activities, discussions, and a workbook. You will build a plan to align your daily behaviors with your priorities in life.

Register Here: <https://forms.office.com/r/7SJhWV3uSj> or...



DATES:
Sept 25th and 26th
Pick One

TIME:
0900 - 1300

**FOR ALL PUBLIC SAFETY
EMPLOYEES**

QUESTIONS:
JOSEPH ELLIOTT
JOSEPH.ELLIOTT@CINCINNATI-OH.GOV
513-415-2783

LOCATION:
**CINCINNATI FIRE
FIGHTERS UNION
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