

# HOW TO SAVE A LIFE, YOURS!

Instructor: Tracy Eldridge

**August 6, 2019**

**8am – 5pm**

In this course telecommunicators will learn about unhealthy habits and behaviors. Review of stress and what physical affects it has on the body. In depth look at how much damage is caused to our health because of the fight, flight or freeze mechanism. Learn what causes unhealthy stress hormones such as epinephrine and cortisol to be released, how harmful it is and how to minimize its production. Metabolic Syndrome, What is it, who has it, who is at risk and how to reverse it. The sometimes deadly dangers of energy and diet drinks. How to eat right and why. Public Safety personalities and how to handle them. Morale – the good, the bad and the fixable. The pitfalls of negativity and the up side of positivity.



- ❖ Cost: \$20
- ❖ Please pay in advance
- ❖ Picture Work ID required
- ❖ Need PID number for TCOLE Credit
- ❖ Free Lunch
- ❖ Must be employed by a Public Safety agency as a telecommunicators
- ❖ Register @ [www.911.org](http://www.911.org)



**Greater Harris County 9-1-1 Emergency Network**

10220 Fairbanks N. Houston Rd. | Houston, TX 77064 | 832-237-9911 | [www.911.org](http://www.911.org)

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