

# South Adams Fire

Presents



## Advanced Instructional Methods

February 15th, 2018 9am – 2pm

WHERE: South Adams County Fire Department  
10326 Walden Street, Commerce City, CO 80022

COST: **FREE**

REGISTRATION: e-mail [dmetish@sacfd.org](mailto:dmetish@sacfd.org) or call 303-641-4455

### ***Firefighter Fitness Motivation & Methods with John Spera***

John Spera is a Firefighter/Paramedic at Aurora FD in Colorado. He is also the man behind the Facebook page Fit To Fight Fire, which has over 80,000 followers. His focus is on improving firefighter physical performance while creating durability. He believes our level of fitness will make the difference between life and death for others. We hold ourselves accountable daily by asking ourselves. Would you want you rescuing you?

### ***Preparing for the Unknown Classroom: Teaching Adult Learners How to Learn with Angela VanDijk***

Angela K. VanDijk is an educator with over 15 years of experience in college student affairs. She earned a Masters in Educational Leadership and Policy at the University of Utah and earned post-baccalaureate credit in Strategic Communications at Columbia University. She has presented around the country on topics including: major and career decision-making; how to navigate the college environment; strategies for successful co-parenting; and peer education and leadership. Angela lives in Colorado with her firefighter husband and their seven-year old son.