



North Metro Fire Rescue District

Is proud to present:

Cardiac Near Miss

**By: Engineer Todd Heasty
Loveland Fire Rescue Authority**



On August 20, 2017, Todd sustained a heart attack while on shift. Todd has been a fitness enthusiast for most of his life and has been in the fire service for 22 years. After a successful surgery, Todd made it his mission to find out why and how this could have happened and what he could do to prevent it from happening again to himself, as well as other firefighters. Todd has a Bachelor's of Science degree in Sports Medicine and is the owner of EGH, a firefighter fitness-consulting firm.

This seminar will present:

- First-hand accounts of Todd's story
- What Todd has learned since having a heart attack
- Genetics
- Sleep deprivation
- Effects of stress on the body
- Bloodwork
- Nutrition
- Exercise

When: February 5, 8, or 27th (three options to choose from, all same material)
Time: 1030-1230
Location: 101 Spader Way, Broomfield, CO 80020
Registration: \$25 per person
Register at: www.nmfr.org/cardiacmiss

For additional information, please contact Debbie VanWansele at 303-252-3502