



# 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 27<sup>th</sup> (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](http://www.nmfr.org/cardiacmiss)

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