

FIRST RESPONDER SLEEP RECOVERY TRAINING

A benefit for the Terry Fund



TERRY FARRELL
FIREFIGHTERS FUND

YOU ARE INVITED!

July 13, 0900-1300

Castle Rock Town Council Chambers
100 Wilcox Street, Castle Rock, CO 80104

IN THIS TRAINING, RECEIVE:

- ▶ 3 hrs transformational sleep health training, tailored for the fire service
- ▶ 1 hr guided **Sleep Recovery Practice**
- ▶ A weighted, cooling sleep eye mask
- ▶ A sample sleep health supplement
- ▶ Light h'ordeuvres
- ▶ A chance to win sleep health raffle prizes including a grand prize for your department to be awarded a sleep training

**A portion of the proceeds directly benefit the Terry Fund, Colorado Chapter .*

This training is co-taught nationally at departments and conferences by founders: sleep health specialist Jacqueline Toomey and her firefighter husband, Sean Toomey.

Investment: \$75

Register at:

www.firstresponderssleeprecovery.com/enroll

