

HANDS-ON WELLNESS TRAINING ANNOUNCEMENT



TACMOBILITY COMBINES KNOWLEDGE WITH HUMOR, WHICH IS PERFECT FOR COPS. THIS IS, BY FAR, THE MOST AMAZING TRAINING I'VE EVER GOTTEN IN MY CAREER.

TACMOBILITY

OVER 3,000 **WALKINBURNTOUT**—WALK OUT **RESET.**

**JUNE 16, 2026 | 8A-5P ADAMS COUNTY, CO**

### **BURNOUT RECOVERY**

STEP BY STEP TECHNIQUES TO **REPLENISH** YOUR ENERGY AND LOWER FATIGUE

### **WORK/LIFE BALANCE**

PRACTICAL, SCIENCE-BACKED SKILLS TO KEEP YOUR HEALTH FROM **DETERIORATING**

### **PAIN MANAGEMENT**

PRACTICE **GUIDED RECOVERY** STRETCHES THAT LOWER CHRNIC PAIN



**SCAN THE QR TO SAVE YOUR SPOT**  
ADAMS COUNTY GOVERNMENT CENTER  
4430 S ADAMS COUNTY PKWY, BRIGHTON, CO, 80601  
[WWW.TACMOBILITY.ORG/EVENTS/ACBURNOUT](http://WWW.TACMOBILITY.ORG/EVENTS/ACBURNOUT)