



*Bobby Kipper*

# Northern Arizona 1st Responders Wellness Summit

## TOPICS INCLUDE

**October 8th, 2024**

**8:00-Noon**

**For more Info Contact:**

[gerald.monahan@yc.edu](mailto:gerald.monahan@yc.edu)

**Registration is free**

**Register at:** [www.yc.edu/ji](http://www.yc.edu/ji)

### The Seven Dimensions of Wellness

- The seven areas that create overall health and wellness
- The risk factors in each area that would impact healthy lifestyle
- The steps to develop protective factors in each area for positive health and wellness
- Pathways for establishing support in each area
- Practical steps for achieving and maintaining a healthy lifestyle
- How can 1st responder organizations assist in developing and sustaining 1st responder health and wellness



International presenter Bobby Kipper is a Wall Street Journal and USA Today bestselling author with over four decades of experience in law enforcement, public, and private sectors. He has identified that a 1st responder organization begins from within, and the most effective way to increase 1st Responders wellness is through appreciation and care. An agency's greatest asset is its people.

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