



Metropolitan Fire Chiefs Association of Illinois

2018 Spring Symposium

Thursday, March 1, 2018

Empress Banquets. 200 East Lake Street, Addison, IL

Registration/ Breakfast opens at 8:00. Program begins promptly at 8:30.

Program ends by 11:30 and will be followed by lunch and the regular membership meeting.

\$35 for both breakfast and lunch. On-line registration and payments can be made via the Metro Chiefs of Illinois website at www.metrochiefs.org

This session will be instructed by the

Tactical Athlete Health and Performance Institute



Put Me Back in Coach: Bringing a Sports Medicine Model to the Firehouse

"The *Tactical Athlete Health & Performance Institute* is based on the premise that firefighters should be treated like professional athletes as their health and fitness is critical to meeting the demands of the job.

- Personalized health and wellness solutions
- Quick and efficient injury management
- Reduced time off duty due to injuries
- Money saved
- Incredible results

All personnel in your organization are entitled to the member registration fee

Deadline is February 23, 2018

Name: _____ Title: _____

Name: _____ Title: _____

Name: _____ Title: _____

Department: _____

Address: _____

City/ State/ Zip: _____

Phone: _____

P.O.#: _____ Check Enclosed: _____

e-mail registrations to: tstyczynski@villageofalsip.org or Fax to (708) 371-6019.

Checks can be sent to

Metro Fire Chief's Association

Alsip Fire Dept.

12600 S. Pulaski Rd

Alsip, IL 60803