

THE FIRST RESPONDER CENTER FOR EXCELLENCE

HEALTH & WELLNESS SEMINAR

NORTH CHARLESTON COUNCIL CHAMBERS

Join us for a Health & Wellness seminar at the **North Charleston Council Chambers, 2500 City Hall Lane, North Charleston, SC 29406**. Learn valuable information to live a healthier and more balanced life. Learn practical tips and strategies to improve overall well-being and achieve your health goals.

Presentations Include:

- Optimizing Sleep for Physical and Mental Health
- Stress Management for First Responders or Self-care for First Responders
- From Alarm to Action: Reducing Heart Attack and Stroke Risks Among Firefighters
- Fit for Duty, Fit for Life - A Holistic Approach to Responder Wellness



FIRST RESPONDER
Center for Excellence



DATE: Friday, April 18, 2025

LOCATION: North Charleston Council Chambers

TIME: 8:30 AM - 4:00 PM

REGISTER: <https://www.eventsquid.com/event/27294>

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- 8:30am – 9:00am** Overview / Welcome from Host Department
- 9:00am – 10:15am** **Optimizing Sleep for Physical and Mental Health**
– **Brandon Dreiman, JD, CPRC**
According to a recent study, nearly 40% of firefighters have a diagnosable sleep disorder, more than doubling the general population. This presentation provides an interactive format to discuss what sleep cycles are, why they are important, and how they affect health risks, performance, and hormone levels. It evaluates powerful and simple sleep hygiene practices that people often overlook. Next, it discusses Cognitive Behavioral Therapy for Insomnia (CBT-I) and how it provides remarkably better sleep in six weeks. Attendees will also explore the types and usefulness of various sleep trackers.
- 10:15am – 10:30am** AM Break
- 10:30am – 11:45am** **Stress Management for First Responders and Self-Care for First Responders**
– **Maurice “Mo” Peacock**
This presentation focuses on essential self-care practices for first responders, covering nutrition, stress management, positive coping strategies, the importance of sleep, and mindfulness techniques. It emphasizes building resilience, balancing the brain-body connection, and fostering overall well-being to enhance performance and recovery in demanding roles.
- 11:45am – 12:45pm** Lunch
- 12:45pm – 2:00pm** **From Alarm to Action: Reducing Heart Attack and Stroke Risks Among Firefighters**
– **Dr. Brittany Hollerbach**
Cardiovascular events remain the leading cause of line-of-duty deaths among firefighters, often striking without warning. This session delves into the unique cardiovascular risks faced by firefighters due to intense physical exertion, heat exposure, and high-stress environments. Participants will explore the latest research on heart disease, heart attacks, and strokes in the fire service, learn to identify early warning signs, and discover practical strategies for prevention. From fitness and nutrition to stress management and medical screenings, this session offers life-saving insights to help protect firefighters.
- 2:00pm – 2:15pm** PM Break
- 2:15pm – 3:30pm** **Fit for Duty, Fit for Life – A Holistic Approach to Responder Wellness**
– **Chief Dan Kerrigan**
This session will touch on the primary components of a comprehensive approach to health and wellness that focuses on performance, injury reduction, modifiable risk factors and longevity. We will discuss functional fitness, nutrition, hydration, rest & recovery, and the long-term benefits of maintaining a personal health and wellness program.
- 3:30pm – 4:00pm** Closing Remarks