



# 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](http://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](mailto:tstyczynski@villageofalsip.org) or Fax to (708) 371-6019.

Checks can be sent to

Metro Fire Chief's Association

Alsip Fire Dept.

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Alsip, IL 60803