

# Learn To Survive & Thrive!

*LAST YEAR the number of law enforcement officer suicides exceeded the number of LEO's killed in the line of duty! We need to learn skills to survive the emotional traumas of the job.*

This program teaches you to condition strength in your Self physically, mentally, emotionally and spiritually.

**Learn to Build Your Tactical Resilience™ and how to support your peers!**

*This program is for all law enforcement professionals, both sworn and civilian, as well as their families!*

Date: **Tuesday December 10, 2019**

Time: **8AM – 5PM**

Location: **Omaha Public Safety  
Training Center  
11616 Rainwood Road  
Omaha, NE 68142**

Instructor: **John Marx, CPP**

Cost: **\$179 per person**

**Mistakes**  
**PTSD**  
**Cumulative Stress**  
**Addictive Behaviors**  
**Burnout**  
**Heart Disease**  
**Police Suicide**  
**Depression**  
**Metabolic Syndrome**  
**Poor Decisions**  
**Financial Troubles**  
**Prescription Drug Abuse**  
**Frustration**  
**Pain**  
**Divorce**  
**Cancer**  
**Debt**  
**Alcohol Abuse**  
**Anger**  
**Obesity**  
**Spending**  
**Fear**  
**Discipline Problems**  
**Domestic Violence**  
**Drinking**  
**Police Suicide**  
**Anger Issues**  
**Gambling**

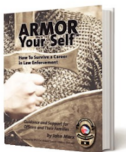
**All First Responders, Civilian Staff and their Families Need to Build Resilience To Survive!**

*"The AYS program is powerful, mind opening and a must for all in the L.E. profession."*

**Sgt. Randi Glossman Jacksonville FL Sheriff's Office**

*"Wow! Armor Your Self™ is a landmark, pioneering work, that belongs on every cop's bookshelf"*

**Dave Grossman Lt. Col., U.S. Army (Retired) Author of On Killing and On Combat**



**Each participant receives a copy of John Marx' book: *Armor Your Self: How To Survive A Career In Law Enforcement*, which is a 458-page, softcover, resilience textbook (a \$24.95 value).**

## **This program is advanced training and ideal for:**

- All law enforcement professionals specifically supervisors and those who train or support others
- Peer support team members
- Chaplains, Wellness coordinators and other support personnel
- Dispatchers and Telecommunicators
- Spouses and other significant others

Register Here:

<https://armoryourself.com/register/>

Registration Deadline:

**Tuesday November 12, 2019**

For Course Information call:

The Law Enforcement Survival Institute at: 303-940-0411

Local Host Information:

Training Specialist Miranda Vaughan at 402-444-4116

