

# YOU ARE INVITED TO EXPERIENCE AN “OFFICER WELLNESS CHECK-IN DAY”

Please join the BRAVE Police & Public Safety Wellness Center  
and learn about our officer Wellness Check-in visits

*(For PSP, Supervisors, Command Staff, Deputy Chiefs, Chiefs, Dept Social Workers, Chaplains, HR)*

**Tuesday November 5<sup>th</sup> from 10am-12pm** *(Check-in at 9:00am and introduction, yoga begins promptly at 10am)*

**Wednesday November 6<sup>th</sup> from 9am-11am** *(Check-in at 8:00am and introduction, yoga begins promptly at 9am)*

**Tuesday November 19<sup>th</sup> from 10am-12pm** *(Check-in at 9:00am and introduction, yoga begins promptly at 10am)*

**Wednesday November 20<sup>th</sup> from 9am-11am** *(Check-in at 8:00am and introduction, yoga begins promptly at 9am)*

**Hour 1: First Responders Yoga (meditative and restorative only) bring a towel & water**

**Hour 2: Officer Wellness discussion & Stress Management Session (light refreshments)**



**Officer Wellness Check-in is a segment of The Road to Resiliency Series dedicated to providing emotional support to Police and Public Safety Personal**

Hosted by BRAVE Police & Public Safety Wellness Center  
Dr. Robin Kroll, Board Certified Police and Public Safety Psychologist  
6323 N Avondale Ave. #111B Chicago, IL 60631

Please Respond and secure your date & yoga mat by November 1, 2019  
RSVP to Dr. Kroll at 847-778-9322 or Email: [Drrobinkroll@gmail.com](mailto:Drrobinkroll@gmail.com)  
Limited Seating 20 per class

Unite.blue