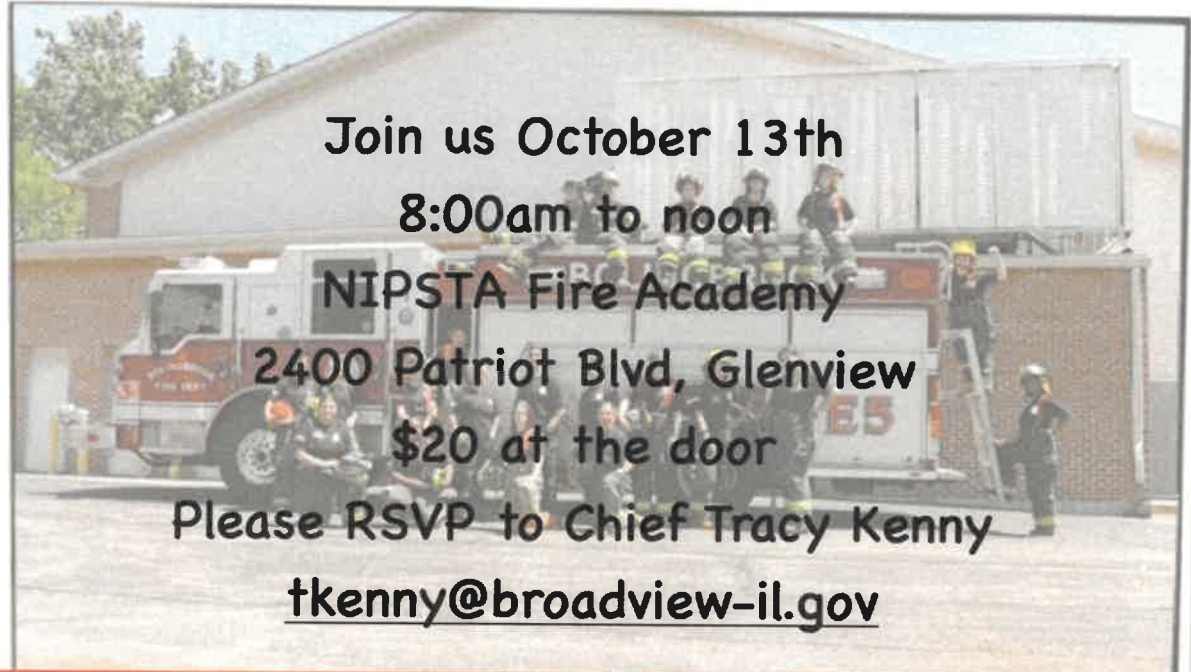


Fire Service Women of Illinois Health and Wellness Symposium

*Open to all women 18 and older interested in and actively working in,
EMS and Fire



8:00am Meet and Greet with a light breakfast

8:30 am Patti Diriltan, LCSW, CADAC, EMDR

Approved Consultant for Insight and Connection

**"Females in the fire service: The intersect between
mental health and culture"**

9:30 am Lt. Jenna Werdel, Schaumburg FD

"CPAT Success for the Aspiring Female Firefighter"

Kim Gaeding, Hoffman Estates FD

"Staying Fire Fit"

10:30 am Janel Vegter, Wellness Nutrition Coach

"Nutritional Wellness for the Active Woman"

***Please come dressed to learn great workout tips!**

Visit our Facebook page!

Fire Service Women of Illinois