



Health for Heroes

An Expert Care Panel for Sullivan County Firefighters

Join Sullivan 180 and Garnet Health for an evening dedicated to your health and wellness.

- A delicious and nutritious dinner
- Panel presentation from experts addressing key health risks facing firefighters, including cardiology, diabetes, nutrition, and mental health
- Open Q&A on health topics that matter most to you
- Opportunities for networking

This event is open to all Sullivan County Fire Departments.

Departments participating in the Sullivan 180 Healthiest Fire Department Challenge that attend with five or more active members will earn three points.

Presented in partnership with:



Thursday, June 26

6:30 PM - 9:30 PM

**Sullivan County
Training Center
615 Old White Lake
Turnpike, Swan Lake**

To register, scan the QRcode
below or email

Joseph.Mall@SullivanNY.gov



Building a healthy community, one degree at a time



Sullivan180.org • 845.295.2680