**Philly Fire’s Motivated Fitness presents**

**The First Twenty – Positive Pressure Workshop**

**THE FIRST TWENTY ACADEMY IS A LEARNING PLATFORM CREATED TO SERVE FIRST RESPONDERS.**

The platform offers courses to address all aspects of a healthy lifestyle by encouraging participants to develop healthy habits around mental resilience, physical fitness, and healthy eating.

The mission of The First Twenty Academy is to provide critical performance fundamentals for today’s Time Critical Athletes, Fire Fighters/ Paramedics. The computer- based training will provide foundational educational principles around Firefighter/ Paramedic physical fitness, mental wellness, and overall health.

The Workshops will take place during our Health Screenings June 4th & June 6th at Local 22’s Union Hall, in the conference room. Sessions are 1 hour long at 1030 am and 1pm each day. **Seating is limited** – only 20 members per session so sign up now!

AN EMAIL BLAST WAS SENT OUT FOR SIGN UPS – OR CHECK OUT OUR FACEBOOK PAGE, INSTAGRAM, OR WEBSITE TO SIGN UP!

Sign up at: : <https://www.signupgenius.com/go/20f0f4facaf2ea0f49-motivated>