



OFFICER
SAFETY AND
WELLNESS
SYMPOSIUM

INTERNATIONAL ASSOCIATION OF CHIEFS OF POLICE

SCHEDULE AT A GLANCE

DAY ONE • MONDAY, FEBRUARY 18	
8:00 AM – 9:00 AM	Registration
9:00 AM – 10:30 AM	Welcome Plenary Session
10:30 AM – 10:45 AM	Break
10:45 AM – 11:45 AM	Workshops
11:45 AM – 12:45 PM	Lunch (Provided)
12:45 PM – 1:45 PM	Workshops
1:45 PM – 2:00 PM	Break
2:00 PM – 3:00 PM	Workshops
3:00 PM – 3:30 PM	Break with Wellness Activity
3:30 PM – 4:30 PM	Workshops
4:30 PM – 5:30 PM	Reception

DAY TWO • TUESDAY, FEBRUARY 19	
7:00 AM – 7:30 AM	Yoga Session (Optional)
8:30 AM – 9:30 AM	Workshops
9:30 AM – 9:45 AM	Break
9:45 AM – 10:45 AM	Workshops
10:45 AM – 11:15 AM	Break with Wellness Activity
11:15 AM – 12:15 PM	Workshops
12:30 PM – 2:00 PM	Closing Speaker (Lunch Provided)

To learn more and to register now, visit:
theIACP.org/OSWSymposium



Improving officer safety and wellness enhances the health and effectiveness of officers, as well as the safety of the community.

This symposium is a unique occasion for law enforcement professionals to learn from experts in the field about resources, best practices, and strategies for comprehensive officer safety and wellness. The event is designed for law enforcement officers, academic professionals, and law enforcement organization representatives who want to learn more about safety and wellness. Attendees will bring back to their agencies actionable items to increase the health of their officers, their organizations, and their communities.

WORKSHOP TOPICS

- Building Resilience
- Critical Incident Decision-Making
- Financial Wellness
- Injury Prevention
- Mindfulness
- Organizational Culture
- Peer Support Programs
- Physical Fitness
- Proper Nutrition
- Sleep Deprivation
- Stress
- Substance Abuse
- Suicide Prevention
- Traffic Safety
- Work-Life Balance

OTHER ACTIVITIES

- Yoga Session
- Wellness Activities
- Networking Opportunities

2019
MONDAY
FEBRUARY 18
&
TUESDAY
FEBRUARY 19

Hyatt Regency
San Antonio Riverwalk
123 Losoya Street
San Antonio, Texas 78205 US





International Association of Chiefs of Police

44 Canal Center Plaza, Suite 200
Alexandria, VA 22314
703.836.6767 • fax 703.836.4743

www.theIACP.org