



# 100 Club of Illinois Wellness First Trainings

*The 100 Club of Illinois is excited to offer our Wellness First virtual training series. Our goal is to empower first responders to take the initiative for self-care and wellness to perform their duties at their best capacity. Training dates will continue to be updated and made available at [100ClubIL.org/first-responder-training/](https://100ClubIL.org/first-responder-training/). Looking for a specific training topic? Contact Danielle at [dbrengel@100ClubIL.org](mailto:dbrengel@100ClubIL.org) to share your suggestion!*

## ***Work-Life Balance for First Responders with Dr. Donnie Hutchinson; Thursday May 27, 10-11am***



Is shift work or late-night shift difficult on family life? How about the second job or other work-related events? This workshop will help you identify your priorities in life so you can properly adjust a few old habits. Participants learn how work-life balance is available to them and how they can take a few steps toward balance before the end of the presentation.

Register at: [100ClubIL.org/first-responder-training/](https://100ClubIL.org/first-responder-training/)

## ***Avoiding Burnout in a Challenging Work Environment; Monday June 7, 2-4pm***

First Responders are exposed to a wide variety of challenging environments, with challenging interactions being the norm rather than the exception. Careers dealing with emergency and disaster response are more likely to experience pressure and stress brought about by the very nature of the job. This training will emphasize the importance of maintaining several areas of health as we reflect on how we all show up to the world, and how our well-being impacts our relationships and performance on the job. It will help attendees to reflect on their self-care and wellness through self-assessment activities. We will define strength and health, and discuss what causes the progression of burnout and fatigue, with the goal of prevention.



Register at: [100ClubIL.org/first-responder-training/](https://100ClubIL.org/first-responder-training/)

## ***Addressing PTI Before It Becomes PTSD; Tuesday June 29, 10-11am***



We all know that PTSD is an issue within the first responder community. I believe that while it is important to address the issue and help those that are struggling, I also think that we need to do a better job of recognizing and addressing the many precursing issues. Join me in a discussion about the many issues of Post Traumatic Injury and learn strategies how to address it before it becomes Post Traumatic Stress Disorder.

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## ***Fitness & Nutrition for Resilient First Responders with Aaron Zamzow; Wednesday July 7, 2-3pm***

Building a resilient mind starts with building a resilient body. Aaron Zamzow will explain the correlation between physical and mental health. Attendees will learn: what the research shows on mental health and its relationship with fitness and nutrition; how to use proper nutrition to build a more resilient mind; what are the "best" steps to help build a resilient body and mind. Aaron has also included a 28-day workout program for all attendees that will help them apply the concepts of the seminar to improve their own level of resilience. A question-and-answer session will follow the seminar for those that are interested.



Register at: [100ClubIL.org/first-responder-training/](https://100ClubIL.org/first-responder-training/)

## ***Do You Have Your Finances In Order?; Wednesday July 21, 10-11:30am***



There's so much to think about regarding *all things money*... This educational workshop is meant to address many of your questions regarding investing and financial planning. While everyone's individual circumstances are different, there are many key themes and principles you should be thinking about, regardless of whether you are just starting to save, or nearing retirement. Please join Zackary Meuser and Stephanie Feldman of Mesirow Wealth Management as they help articulate how best to wrap your arms around your financial well-being.

Register at: [100ClubIL.org/first-responder-training/](https://100ClubIL.org/first-responder-training/)

## ***Post Traumatic Growth; Monday August 9, 2-3pm***

Trauma can knock us down, and block us emotionally, but anything that knocks us down also gives us the opportunity to grow. This webinar will take a deep and serious look at the effects of trauma, and then will also help with the exploration of just how you can take a trauma and use it as a starting place for life changes and new growth. Taking an informal look at the after-effects of trauma, with the knowledge of all the possibilities, will help you plan a new direction using the trauma as a learning experience and a catalyst for positive change.



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**WELLNESS  
FIRST**

# **WORK-LIFE BALANCE FOR FIRST RESPONDERS**

with Dr. Donnie Hutchinson

Is shift work or late-night shift difficult on family life? How about the second job or other work-related events? This workshop will help you identify your priorities in life so you can properly adjust a few old habits. Participants learn how work-life balance is available to them and how they can take a few steps toward balance before the end of the presentation.



*Dr. Donnie Hutchinson* is recognized as a top work-life balance speaker, author, and online coach who works with firefighters, police officers, and EMS first responders. Dr. Donnie works with individuals and departments on self-care and work-life balance strategies to help them be effective at work and at home. Dr. Donnie teaches you the knowledge, then takes you step-by-step with strategies and tactics. Knowledge is powerful when joined with execution. His Self-Care Flourished Living model on work-life balance integration strategies was produced from his recent academic research. Dr. Donnie is also a co-author in a global university textbook that is published by Palgrave Macmillan in ten languages: Diversity and Inclusion in the Global Workplace: Aligning Initiatives with Strategic Business Goals.

Dr. Donnie Hutchinson graduated from Manchester University with a bachelor's degree in business administration. He competed successfully as a college football player. He served proudly hi country during college and post-graduation by serving six years in the U.S. Army National Guard.

He began his career and work-life balance considerations with Xerox Corporation as a business development manager. Post Xerox, he served as president of three human resource companies and was president and COO of an Inc. 500-recognized business. During his tenure, he completed his MBA from the University of Phoenix while maintaining a balanced life focused on self-care.

He recently received his PhD and has furthered his research in self-care and work-life balance execution strategies.

Dr. Donnie Hutchinson is an active and proud father of four children and resides in Dayton, Ohio with his wife Marlene.



**REGISTER for this virtual workshop:**

**May 27 from 10-11am**

**at [100ClubIL.org/first-responder-training/](https://100ClubIL.org/first-responder-training/)**



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# **AVOIDING BURNOUT IN A CHALLENGING WORK ENVIRONMENT**

with Amy Morgan

First Responders are exposed to a wide variety of challenging environments, with challenging interactions being the norm rather than the exception. Careers dealing with emergency and disaster response are more likely to experience pressure and stress brought about by the very nature of the job. Maintaining total health and well-being is one way to cope with pressure and stress.

Amy Morgan of Academy Hour is the presenter for this webinar, and she will emphasize the importance of maintaining several areas of health as we reflect on how we all show up to the world, and how our well-being impacts our relationships and performance on the job. For First Responders, as those that the public depends on for safety, where they give of themselves continuously, the need is even greater to ensure and maintain all aspects of well-being. In turn, they will be more equipped to serve, protect, and rescue as their job requires. This webinar will help attendees to reflect on their self-care and wellness through self-assessment activities. We will define strength and health, and discuss what causes the progression of burnout and fatigue, with the goal of prevention.



*Ms. Amy Morgan, MSC, CFRC(D), CPSL-T(D), TECC-LEO, is the founder and CEO of Academy Hour ([www.AcademyHour.com](http://www.AcademyHour.com)), a training provider offering mental health & leadership courses to law enforcement, first response teams, and public safety personnel, as well as corporate teams. Academy Hour also provides the CFRC (Certified First Responder Counselor) training and certification program and the Certified Peer Support Leader & Teammate training and certification program.*

**REGISTER for this virtual workshop:**

**June 7 from 2-4pm**

**at [100ClubIL.org/first-responder-training/](http://100ClubIL.org/first-responder-training/)**



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**WELLNESS  
FIRST**

# **ADDRESSING PTI BEFORE IT BECOMES PTSD**

with Tom Howard, M.Div

We all know that PTSD is an issue within the first responder community. I believe that while it is important to address the issue and help those that are struggling, I also think that we need to do a better job of recognizing and addressing the many precursing issues. Join me in a discussion about the many issues of Post Traumatic Injury and learn strategies how to address it before it becomes Post Traumatic Stress Disorder.



*Tom Howard* has been in the fire service for over 30 years, 28 of those in a full-time capacity. He became involved with Illinois Firefighter Peer Support after completing his Masters in Divinity. In 2017 he moved into the role of Executive Director as well as President of the ILFFPS 501c3 board.

**REGISTER for this virtual workshop:**

**June 29 from 10-11am**

**at [100ClubIL.org/first-responder-training/](https://100ClubIL.org/first-responder-training/)**



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## WELLNESS FIRST

# FITNESS & NUTRITION FOR RESILIENT FIRST RESPONDERS

with Adam Zamzow

Building a resilient mind starts with building a resilient body. In this seminar Aaron Zamzow will explain the correlation between physical and mental health. Attendees will learn:

- What the research shows on mental health and its relationship with fitness and nutrition.
- How to use proper nutrition to build a more resilient mind.
- What are the "best" steps to help build a resilient body and mind.

Aaron has also included a 28-day workout program for all attendees that will help them apply the concepts of the seminar to improve their own level of resilience. A question-and-answer session will follow the seminar for those that are interested.



*Adam Zamzow* has over 18 years of firefighting experience as an on-call paid firefighter in Golden Valley, Minnesota and is currently a career Firefighter/ EMT and Training Officer in Madison, Wisconsin. He is the owner of Fire Rescue Fitness, a company that creates workout programs and fitness articles that focus on getting Fire Rescue Athletes "fit for duty." Aaron holds a Bachelor of Science degree in health and wellness, is a NSCA-Certified Strength and Conditioning Specialist, a NASM-Certified Personal Trainer, a Precision Nutrition Practitioner, and an IAFF/IAFC Peer Fitness Trainer.



He has also, worked in the fitness industry for over 25 years and has experience working with the general population as well as athletes from the NBA, NFL, and NHL. He is the author of numerous fitness programs catered toward Fire Rescue Athletes (firefighters, EMTs and medics). He has recently been published in and writes for Firehouse, Fire Rescue Magazine, Lexipol, FR1 and numerous other first responder publications. He has consulted with numerous departments on the best practices for firefighter fitness and has also managed personal training departments and teams for some of the largest health club chain and fitness businesses. He is excited to bring his enthusiasm and knowledge of the fitness industry and the fire service to 100 Club of Illinois followers.

**REGISTER for this virtual workshop:**

**July 7 from 2-3pm**

**at [100ClubIL.org/first-responder-training/](https://100ClubIL.org/first-responder-training/)**

-Each attendee will receive a free 28 day workout program from Adam Zamzow-



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## **DO YOU HAVE YOUR FINANCES IN ORDER?**

with Zackary Meuser, CFP® and Stephanie Feldman, CFP®

**There's so much to think about regarding *all things money*...** How much should I be saving? Will I have enough when I retire? What do I do with my pension benefits? Is my family taken care of if something were to happen to me? Is my Will updated? How much will it cost to send my daughter to college? Is now a good time to invest? And more...

This educational workshop is meant to address many of your questions regarding investing and financial planning. While everyone's individual circumstances are different, there are many key themes and principles you should be thinking about, regardless of whether you are just starting to save, or nearing retirement. Please join Zackary Meuser and Stephanie Feldman of Mesirow Wealth Management as they help articulate how best to wrap your arms around your financial well-being.



*Zackary Meuser* joined Mesirow as a wealth advisor in 2016 and has over 10 years of experience in the financial services industry. He specializes in comprehensive financial planning and investment management for individuals and families, corporations, and institutions. Zackary is a Certified Financial Planner™ professional and earned his BA degree from the University of Michigan.

*Stephanie Feldman* joined Mesirow in 2013 and has 20 years of wealth and investment management experience that she applies when assisting clients with their estate and trust planning needs. She received her BS from the University of Wisconsin. She is a Certified Financial Planner™ professional and a Certified Trust and Financial Advisor (CTFA).



*This session has been organized as a courtesy, and the 100 Club of Illinois makes no recommendation as to Mesirow's services as an investment advisor. The individual should do their own diligence in selecting a personal investment advisor.*

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# **POST-TRAUMATIC GROWTH**

with Amy Morgan

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**REGISTER for this virtual workshop:**

**August 9 from 2-3pm**

**at [100ClubIL.org/first-responder-training/](http://100ClubIL.org/first-responder-training/)**