

# 2023 SAFETY & HEALTH CONFERENCE SPANNING THE GENERATIONS

October 9-11, 2023 | Embassy Suites by Hilton Orlando Lake Buena Vista South



## Pre-Conference: Sunday, October 8

Time	Room	Session
1:00 PM - 1:30 PM	Cypress 1	Legislative Listening Session
1:30 PM - 3:30 PM	Cypress 1	Florida Firefighters Safety & Health Collaborative Meeting

## Day 1: Monday, October 9

Time	Room	Session
8:00 AM - 5:00 PM	Magnolia	Registration Open
9:00 AM - 4:00 PM	Magnolia	Vendor Showcase
9:00 AM - 5:00 PM	Cypress 1	Peer K-9s on Deployment (Separate Registration)
9:00 AM - 5:00 PM	Cypress 2	ESLI: Marketing Fire & EMS Module (Separate Registration)
9:00 AM - 9:03 PM	Palms A, B, C	Opening Ceremonies, <i>John Whalen</i>
9:03 AM - 9:08 AM	Palms A, B, C	Honor Guard/Posting of Colors/Pledge/Invocation <i>Osceola County Fire Rescue, Chaplain Rick Spence</i>
9:08 AM - 9:11 AM	Palms A, B, C	FFCA President Remarks, <i>Harold Theus</i>
9:11 AM - 9:14 AM	Palms A, B, C	FPF President Remarks, <i>Wayne Bernoska</i>
9:14 AM - 9:17 AM	Palms A, B, C	Florida Firefighter Safety and Health Collaborative Remarks, <i>Chris Bator</i>
9:17 AM - 9:22 AM	Palms A, B, C	Division of State Fire Marshal Remarks, <i>JoAnne Rice</i>
9:22 AM - 9:25 AM	Palms A, B, C	Florida State Fire College Remarks, <i>Susan Schell</i>
9:25 AM - 9:50 AM	Palms A, B, C	Safety and Health Award Presentation
9:50 AM - 10:00 AM		Break
10:00 AM - 11:30 AM	Palms A, B, C	Opening Keynote: Burning Shield <i>Jason Schechterle</i>
11:30 AM - 12:30 PM		Lunch Break
12:30 PM - 1:30 PM	Palms A, B, C	Healthy-ish Eating for Firefighters <i>Megan Lautz, RescueRD LLC</i>
1:30 PM - 2:30 PM	Palms A, B, C	May Day Monday: Tips & Techniques for Firefighter Survival <i>Tony Carroll, Louisa County Department of Fire &amp; EMS</i>
2:30 PM - 3:30 PM	Palms A, B, C	Sizing up the Best Firefighter Workout Programs <i>Aaron Zamzow</i>
3:30 PM - 3:35 PM		Break
3:35 PM - 5:05 PM	Palms A, B, C	Begin with WHO - not What, How, or Why, for Sustainable Health, Balance and Well-Being <i>Dr. Donnie Hutchinson</i>
5:05 PM - 5:35 PM	Palms A, B, C	Optional Fitness Q&A <i>Aaron Zamzow</i>
5:00 PM - 6:30 PM	Magnolia	Networking Reception

\*Program schedule is tentative and subject to change

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## SCHEDULE CONTINUED

Day 2: Tuesday, October 10		
Time	Room	Session
8:00 AM - 5:00 PM	Magnolia	Registration Open
9:00 AM - 4:00 PM	Magnolia	Vendor Showcase
8:30 AM - 9:00 AM	Palms A, B, C	Morning Breathwork and Mindfulness, <i>Tyler Gaddy</i>
9:00 AM - 10:00 AM	Palms A, B, C	Systematic Wellness Success: Transforming Healthy Intentions into Healthy Actions <i>Mandy Nice, Lexipol</i>
10:00 AM - 10:15 AM		Break
10:15 AM - 12:15 PM	Palms A, B, C	Death IN the Firehouse: Lessons Learned from a Firefighter Suicide Inside the Station <i>Doug McGlynn, Palm Beach County Fire Rescue</i> <i>Jeff Newsome, Professional Fire Fighters &amp; Paramedics of Palm Beach County, Local 2928</i>
11:30 AM - 12:30 PM	Cypress 1	FFSHC Central Florida Region Meeting
12:15 PM - 1:15 PM	Palms D, E, F, G	Complimentary Lunch for Conference Attendees
1:15 PM - 2:00 PM	Palms A, B, C	Roadway Incident Safety & Survival <i>Jack Sullivan, ResponderSafety.com</i>
1:30 PM - 2:30 PM	Cypress 1	Women In the Fire Service Committee Meeting
2:00 PM - 2:45 PM	Palms A, B, C	Knowledge & Prevention: Florida's Heart/Lung Presumption & Other Common Firefighter Injuries <i>Mike Clelland</i>
2:45 PM - 3:00 PM		Break
3:00 PM - 4:15 PM	Palms A, B, C	Behavioral Health Access Programs (BHAP): Effective Mental Wellness Practices for the Workforce <i>Frank Babinec, Dr. Deborah Beidel, Dr. Kellie O'Dare, Chaplain Joe LaCognata, Chris Bator, Jeff Orrange</i>
4:15 PM - 4:45 PM	Palms A, B, C	University of Miami Cancer Study Update

Day 3: Wednesday, October 11		
Time	Room	Session
8:00 AM - 11:30 AM	Magnolia	Registration Open
9:00 AM - 11:30 AM	Magnolia	Vendor Showcase
8:00 AM - 8:15 AM	Palms A, B, C	Morning Breathwork and Mindfulness, <i>Tyler Gaddy</i>
8:15 AM - 10:00 AM	Palms A, B, C	PFAS Panel <i>Dr. Dan Whu, Dr. Alberto Caban-Martinez, Neil McMillan, Dr. R. Bryan Ormond</i> <i>Moderated by Dustin Hawkins</i>
10:00 AM - 10:20 AM		Break
10:20 AM - 11:20 AM	Palms A, B, C	PFAS Panel Q&A
11:20 AM - 11:30 AM		Break
11:30 AM - 1:00 PM	Palms A, B, C	Closing Keynote: In Honor of The Charleston 9: A Study of Change Following Tragedy <i>Dr. David Griffin</i>
1:00 PM - 1:15 PM	Palms A, B, C	Closing Remarks, <i>John Whalen</i>



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