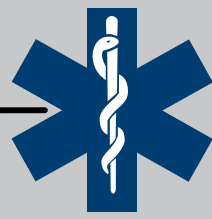




National Firefighter
HEALTH WEEK

AUGUST 17-21, 2009



It Takes a Healthy Heart, Mind, and Body to Do What You Do.



Monday, August 17

Know Your Risks



Tuesday, August 18

Keep Your Head In the Game



Wednesday, August 19

Matters of the Heart



Thursday, August 20

Focus on Fitness and Nutrition



Friday, August 21

Keep It Strong All Year Long: Adopt the Program

Find the resources you need to keep your department strong at
www.healthy-firefighter.org

KEEP IT STRONG