



p r e s e n t s

Victory Mindset

Mental Health and Wellness Summit for First Responders

Victory Mindset was founded by first responders, for first responders. Our annual wellness summit brings together industry-leading experts to address key areas such as mental health, nutrition and fitness, biological health and longevity, and building resilience. This comprehensive 4-part, 8-hour course is specifically designed to enhance your wellness program and support overall well-being.



**Post Traumatic Growth:
Rising from the ashes of
stress, Trauma, & Moral
injury**



**Nutrition & Strength
Conditioning for the
Everyday First Responder**



**Longevity for Public
Safety Professionals**



**Winning the Battle
Against PTSI**

March 21st, 2025 at the Four Points
by Sheraton Ventura Harbor Resort

🕒 8:00am - 5:00pm

📍 1050 Schooner Drive Ventura,
CA 93001

Scan the QR Code or register [HERE!](#)
Spouses/ Partners are also
encouraged to attend.

\$149



For more information, please contact Jeff McGreevy

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