

The Daily Practice of Physical, Mental, Emotional, and Spiritual Wellness Strategies



First Responder Wellness and Resilience Conference

Presented by FirstResponderWellness.com

April 12 (4 PM) – April 14, 2024 (12 PM)

**Questhaven Nature Preserve & Spiritual Retreat Ctr
20560 Questhaven Rd., San Marcos, CA 92078
(619) 889-0456 / dwillis1121@yahoo.com**

Full weekend-Overnight

Registration \$249.00
(Includes all meals, lodging, training)

Or

Day use

*(Includes all daily training/activities
and food (No lodging)*

Registration \$99.00

*Registration and more
information:*

FirstResponderWellness.com *(2024 Conference tab)*

(Limited space – 10% off for registration by February 15, 2024)

All first responders welcome – *police, fire, corrections, EMS, dispatch*

Facilitated by Police Captain Dan Willis (ret) – *Capt. Willis has trained over 11,000 peace officers in 40 states and 5 countries on trauma recovery, resilience, and wellness – He is the author of “Bulletproof Spirit: The First Responders Essential Resource for Protecting and Healing Mind and Heart. (Attendees will receive a copy)*

Questhaven Retreat is a 655-acre nature preserve and spiritual retreat center in northern San Diego County with rolling hills of chapparal, oak and pine trees – guest cottages and meeting hall – with 8 miles of hiking trails with views of the ocean and Laguna Mountains.

Since 1940 Questhaven has been a place of healing, peace, and renewal.