





Anne Arundel Firefighters
Emerald Society
Presents

FIRST RESPONDER READINESS SERIES

FREE ONLINE WEBINAR

*Real-world topics
that impact the job
—and life around it*

 **7-9 PM**
 **JUNE 4, 2026**

REGISTER

**SCAN
ME!**



TOPICS INCLUDE:

- Mental Health - Using Humor to Make Mental Health Approachable
- Financial Planning - Retirement Readiness
- Sleep Health & Sleep Hacks for First Responders
- CSST Awareness & LODD Case Studies
- Workers Compensation & Presumptive Laws
- Stay Ready: Strength, Resilience, and Injury Prevention for the Job

More Information

 aaemerald.com/readiness