



Wellness Conference

May 17-20, 2022



DoubleTree by Hilton | 111 Jefferson Road | Rochester, NY 14623

Please Join Us!

As time passes after a loss, there are changes and challenges that we face on an ongoing basis. The unprecedented times we all faced during 2020 and 2021 made daily life even more uncertain.

"The workshops provided have always been good with lots of great information."

"It is so helpful to be able to meet others who are in the same situation."

That's why we are especially excited to announce the **2022 Fire Hero Family Wellness Conference!** This event is open to spouses, life partners, parents, adult children, and siblings of fallen firefighters honored or approved to be honored at the National Memorial in Emmitsburg, Maryland.

Join us in beautiful **Rochester, NY on May 17-20, 2022.** Together, we'll explore navigating milestones, managing stress, practicing mindfulness, and building resilience. We'll enjoy some local excursions, too!

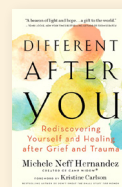
Agenda Highlights

TUESDAY

Welcome Dinner and Keynote

Our Tuesday evening kick-off will feature a keynote address from **Michele Neff Hernandez**, founder of Soaring Spirits International and author of *Different After You: Rediscovering Yourself and Healing after Grief and Trauma*.

She was chosen as a **CNN Top 10 Hero of 2021**—and will be doing a book signing!



WEDNESDAY AND THURSDAY

Choose from a variety of **dynamic workshops** on how nature, healthy sleep, movement, creativity, and connecting with others can help us process our experiences and build resilience.

There are **fun excursions** to choose from, too! For example:

- **Men's Outing:** Service Project at Capen Hose Co. #4 Fire Museum
- **"Rochester Flair!" Picnic Dinner** at Spencerport Fire Department
- **Rochester Lilac Festival** at Highland Park
- **Mount Hope Victorian Cemetery** guided tour

FRIDAY | Optional Add-on Day

Local firefighters have planned **exciting options** for us in and around beautiful Rochester!

- Tour of Rochester
- Genesee Country Village and Museum
- Letchworth State Park
- Rochester Red Wings Baseball Game

Note: This optional day is supported through the generous help of local fire service and is not officially sponsored by the NFFF. You are responsible for arranging and paying for lodging and meals for the post-conference stay.

Airport Shuttle

Local fire service will provide transportation to/from the Greater Rochester International Airport (ROC).

- **Arrival:**
Tuesday, May 17
- **Departure:**
Friday, May 20
Saturday, May 21

Register Today!

Please register early to ensure your space in the sessions you prefer. Registration will remain open until April 15 or until the conference is full.

Click here for **NFFF Wellness Conference Registration** and to see the **full schedule of events and presenters**.

Questions? Contact Ashley at awhitmore@firehero.org