



# Safety Bulletin

## Firefighter Nutrition Webinar

Date: March 15, 2021

Number: 21.004

Effective Date: March 15, 2021

Expiration Date: N/A

Approved By: Darren L. Stevens, Fire Rescue Chief



Please see the following opportunity to learn how improve our health through our eating habits:



FIRE FIGHTER  
**nutrition**

Eat for Health.  
Eat for Life.  
Eat for Real.



With the popularity of our January nutrition seminar, we've scheduled additional dates for our Introduction to Fire Fighter Nutrition webinar to provide this training each month. Select the date and time from the [available options](#) that best fit your schedule.

### Webinar Schedule

- **(Be advised that all start times for this webinar are in MST- EST start time will be two hours later than listed start times).**

This live training is hosted by Lisa Desilet, MS - IAFF consultant and nutrition expert for fire fighters. She will share real-life tips to help you improve your eating habits in 2021 and beyond.

Questions regarding this safety bulletin should be directed to Technician Kevin Landman