

THE BULLETPROOF MIND



Description: *The Bulletproof Mind*

Police officers and soldiers know all about maintaining physical readiness for combat, but it is the mind that must first be properly prepared, the mind which controls the hands, arms, eyes, and ears.

From Lt. Col. Grossman, you'll learn how the body responds to lethal combat, what happens to your blood flow, your muscles, your judgment, memory, vision, and hearing when someone is trying to kill you.

You'll learn how to keep going even if you're shot and how to prepare your mind for survival instead of defeat.

Lt. Col. Dave Grossman's training is not merely information – it is armor you'll carry throughout your life.

To register contact Mark Coan: 704-290-5247 mcoan@spcc.edu You will be emailed a registration form which you must complete and bring with you on the day of training.

This training is brought to our Law Enforcement Officers by the Union County Women of Law Enforcement.

SWORN LAW ENFORCEMENT ONLY

*You must be pre-registered
to attend this training*



DATES & TIMES

September 6th, 2022 8 am - 5 pm *or*
September 7th, 2022 8 am - 5 pm

PLACE

Union County Sheriff's Office Community Room
3344 Presson Road
Monroe, NC 28110

COST

Free to Sworn North Carolina
Law Enforcement

To register for this class

Contact:

Mark Coan

p: (704)290-5247

e: mcoan@spcc.edu