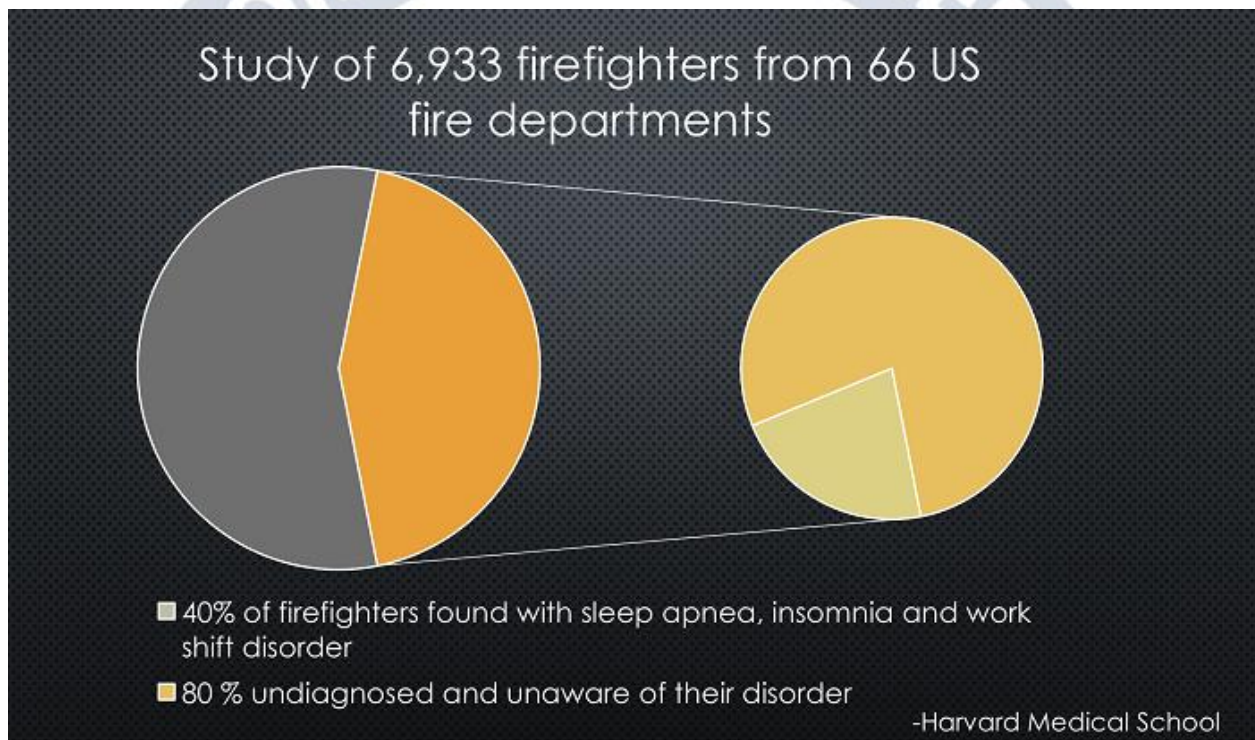


CANCER PREVENTION

AUGUST 2020 FLYER

DATA SUGGEST THAT FIREFIGHTERS RISK OF GETTING CANCER CAN BE RELATED TO AN INDIVIDUAL'S SLEEP DEPRIVATION



All Emergency service organizations should stress the importance of daily rest and recovery time dedicated to napping. Napping can be just as important as exercise and nutrition.

REST DOES NOT DEFY WORK ETHIC, IT ENHANCES IT!

