



APCO International's

# 9-1-1 Wellness Summit

February 6, 2024 | Atlanta, GA



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# Call to Action

1. Collect contact info for at least three new friends you can email or call after the event to compare strategies, commiserate with, or share wellness materials.
1. Identify and write down at least three things you can do to support yourself or your teammates.
1. Commit to change and hold yourself accountable. Set a reminder on your phone for a week from now, a month, and 90 days from now to ask yourself, "What have I been doing since February 6<sup>th</sup> to better support wellness for myself or my team?"