



**SOUTH DAKOTA
STATE UNIVERSITY**

First Responders Support
Training Center



FIREFIGHTER WELLNESS SUMMIT

South Dakota fire chiefs for volunteer departments who are interested in learning more about firefighter wellness and are willing to participate in focus groups to learn more about health and wellness in SD volunteer firefighters. Spots are limited, roughly 10-16.



**Empowering Volunteer Firefighters:
A Community-Based Approach to
Enhancing PA and Nutrition**

FEMA-EMW-2023-FP-00535

WHAT TO EXPECT:



**EXERCISE
INFORMATION**



**STRESS
MANAGEMENT**



**MENTAL
HEALTH TOOLS**



**HANDS ON
INTERACTIVE LUNCH**



**Tentatively
9:00 am - 4:00 pm
28 March 2026**

**Contact
allison.barry@sdstate.edu
To Reserve Your Spot**



**Wagner Hall
1060 Campanile Ave,
Brookings, SD 57006**