



HELPING FIREFIGHTERS LEAD HEALTHIER, HAPPIER, HIGH-PERFORMING LIVES.

Reduce Workers Comp > Improve Performance > Increase Resiliency



A COMPLETE WELLNESS PROGRAM FOR YOUR FIREFIGHTERS

FireFlex Yoga provides effective tools to increase firefighters performance and reduce the overall cost of workmen's compensation claims. We deliver a unique program focused on practices that support physical, mental and emotional well-being.

Benefits to your station would include:

- Reduces the Impact of Stress
- Streamlines the Return to Work Process
- Supports Firefighter Behavioral Health
- Customized classes delivered to your stations

Same Great Benefits Now Online!

Contact us today to add FireFlex to your Department.
Learn more at fireflexyoga.com | shannon@fireflexyoga.com

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wellness
A HEALTHY LIFE COMPANY