**Officer Wellness & Resilience Committee**

**Spokane Convention Center | Spokane, WA**

**May 23, 2023 | 1:30 pm-3:00 pm**

1. Welcome & Introductions –Chief Lasnier & Sheriff Howie (5 mins.)
2. Wellness App updates – Jamie & Terrina (30 mins)
   * + - Preferences on adding resources/therapists by agency vs. statewide
       - What is coming to your app
       - What else?
3. Cordico Presentation on Physical Fitness – Mandy Nice (15 mins.)
4. Peer support training - Jamie & Terrina (10 mins.)
5. Chief/Sheriff circle – Sheriff Howie & Dr. Miller (10 mins.)
6. Statewide quarterly newsletters and meetings - Jamie & Terrina (10 mins.)
7. Good of the order – (10 mins.)