



SAVE THE DATE !

SOUTHSIDE REGIONAL RESILIENCE & WELLNESS SUMMIT

Inviting all Law Enforcement, Firefighters, EMS, 911 Telecommunicators, and their spouses to join us for helpful sessions on building resiliency and strengthening overall wellness of First Responders and the community.
Join us for a First Responder Appreciation Lunch.



Date: Thursday, September 18, 2025

Location: Keystone Truck and Tractor Museum

To RSVP, please click the link and see additional info below:
<https://www.eventbrite.com/e/1400069277899?aff=oddtcreator>

Invitation to the Southside Regional Resilience and Wellness Summit

We hope this message finds you well. On behalf of the Regional Public Safety Chaplains, Live in Your Purpose, and Hope and Healing for Heroes, we would like to invite you to join us for the **Southside Regional Resilience and Wellness Summit**.

This event will take place on **Thursday, September 18th, 2025**, from **8:30 AM to 3:00 PM** at **The Keystone Truck and Tractor Museum**.

Address: 880 W Roslyn Road, Colonial Heights, VA 23834.

It promises to be an uplifting day of resiliency and wellness training, a complimentary appreciation lunch, fellowship, and encouragement for First Responders.

What to Expect:

- **8:30 AM - 9:00 AM** Registration, Welcome, Coffee and Networking
- **9:00 AM – 11:00 AM** **Dr. Byron Greenberg (Cop Dr.)** Resilience & wellness training
- **11:30 AM – 1 PM** Appreciation Lunch - First Responders (Spouses Welcome)
- **1:15 PM – 2:45 PM** Wellness training and working groups
- **3:00 PM** Group photo and closeout wellness summit

Special Guest Speaker for lunch: Lieutenant Colonel Eric W. Gowin, Director, Bureau of Administrative and Support Service, and lead Virginia State Police Chaplain.

Eric will share some of his incredible journey—from serving as a Virginia State Trooper for multiple years and as the lead chaplain for the VSP. He is also one of the key founders of the Regional Public Safety Chaplains that helps provide training, resilience, and wellness.

Why Attend?: This event offers a chance for you to step away from the daily work and connect with fellow First Responders for a meaningful time of wellness and resilience training that addresses body, mind, and spirit. It is also an opportunity to refuel spiritually and share in community with like-minded individuals who are committed to serving with integrity and purpose.

Additional Highlights: We will provide a complimentary lunch - prepared by The Keystone Truck and Tractor Museum Restaurant. Registration includes free access to The Keystone Truck and Tractor Museum. Free parking available at the venue.

Great Networking. Resource tables including resources for wellness, resilience, and fitness. We hope to see you on September 18th; we will be honored to have you join us!

For more information or questions, please contact Alan Pomaville at 571-345-6103 or via email: alan.f.pomaville@gmail.com or chaplain@h2heroes.org Thank you!