

BULLETPROOFING YOUR HEART

GUARDING AGAINST THE #1 KILLER OF ACTIVE AND RETIRED COPS

Heart disease remains the leading cause of line-of-duty deaths and retirement loss among law enforcement officers. This science-backed course delivers the latest research, advanced screening strategies, and practical interventions to detect disease early, reduce risk, and extend healthy careers and retirements.



WHY THIS COURSE MATTERS

This course provides law enforcement officers and leaders with the knowledge and tools to understand the unique cardiovascular risks of the profession. You'll learn how heart disease develops silently, how to identify risk long before symptoms appear, and what evidence-based strategies can help prevent tragedy. The mission is simple: empower you to take control of your heart health so you can continue protecting your community—and the people who count on you most.



YOU WILL LEARN

- ✓ The latest research on cardiovascular risk factors in active and retired officers
- ✓ How to interpret advanced cardiac testing and what the results mean
- ✓ Evidence-based strategies to reduce risk and reverse disease progression
- ✓ Tactical nutrition, exercise, stress management, and sleep optimization
- ✓ Actionable steps to build a heart-healthy culture in your department and at home



WHO SHOULD ATTEND

- ★ Law Enforcement Officers (All Ranks)
- ★ Supervisors & Command Staff
- ★ Sheriffs & Chiefs of Police
- ★ Retired Law Enforcement Officers
- ★ Training & Wellness Coordinators
- ★ Public Safety Professionals



POST ACCREDITED

This 4-hour course is POST accredited and meets state training standards for law enforcement.

PRESENTED BY

DR. BENJAMIN STONE

PHD IN CARDIAC PHYSIOLOGY

Dr. Benjamin Stone is an internationally recognized speaker and expert in proactive healthcare and cardiovascular disease prevention for law enforcement and first responders.

He holds a PhD in Cardiac Physiology with an emphasis in cardiovascular genomics and metabolism from the University of Arkansas and Oxford University.

Dr. Stone was Senior Lecturer at the University of Oxford's Department of Physiology, where he lectured to medical and nursing students on nutritional biochemistry, energy metabolism, and pathophysiology.

He later served as Assistant Professor in the College of Natural Sciences and Mathematics at the University of Arkansas and as an adjunct professor at the University of Arkansas for Medical Sciences.

He is the **Founder of Sigma Tactical Wellness (2015)** and a leading voice in advanced cardiac prevention and wellness solutions for public safety professionals.

WORLD-CLASS CREDENTIALS. REAL-WORLD IMPACT.



PhD in Cardiac Physiology



Former Senior Lecturer,
University of Oxford (UK)



Former Assistant Professor,
University of Arkansas



Internationally Recognized
Speaker & Educator



Specialist in Cardiovascular
Disease Prevention for
Law Enforcement &
First Responders



20+ Years of Experience in
Cardiac Health

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You protect others...
It's time we take
the same serious
approach to
protecting our
own hearts.

– Dr. Benjamin Stone



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CALL

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