



REGIONAL SEMINARS

# BULLETPROOF YOUR HEART

## STRONGER HEARTS, STRONGER LEADERS

*APPLICABLE POOL: PROPERTY/CASUALTY & WORKERS' COMPENSATION*

In this data-driven session, Dr. Benjamin Stone explores cardiovascular disease—the leading cause of line-of-duty and post-career death among law enforcement, fire, and EMS professionals. Drawing on over a decade of experience, he reveals why traditional cardiac risk models often miss early disease in first responders and examines the occupational stressors—chronic sympathetic activation, sleep disruption, inflammation, and metabolic dysfunction—that accelerate risk, even in those aged 25–40. The presentation also delivers actionable solutions, including early detection strategies, the importance of precision lab testing, and performance-based screening tailored to public safety professionals. By integrating metabolic science, performance nutrition, and evidence-based supplementation, attendees gain practical tools to identify hidden risk and build stronger, more resilient leaders.

### DATES & LOCATIONS

**WED | JULY 22**

**BLACK HAWK**

Robert Clark Public Safety Building  
911 Miners Road  
Black Hawk, CO 80422

**THUR | AUG 27**

**GLENWOOD SPRINGS**

Hotel Colorado  
526 Pine Street  
Glenwood Springs, CO 81601

**WED | SEPT 09**

**LOVELAND**

Embassy Suites  
4705 Clydesdale Parkway  
Loveland, CO 80538

**THUR | OCT 29**

**PONCHA SPRINGS**

Chaffee County Fairgrounds & Event Center  
10165 CO Rd 120  
Poncha Springs, CO 81201

**REGISTRATION: 7:30 AM | TRAINING: 8:00 AM - 12:00 PM**

**To register, visit the CIRSA website Training & Events calendar or email [channac@cirsa.org](mailto:channac@cirsa.org).**

- Morning beverages will be provided
- The seminar is **FREE** for members, but with limited space, registration is required

### PRESENTED BY: DR. BENJAMIN STONE

***BS IN BIOMEDICAL SCIENCES & PHD IN HUMAN PHYSIOLOGY***



Dr. Benjamin Stone holds a BS in Biomedical Sciences from the University of Arkansas and a PhD in Human Physiology from the University of Oxford, specializing in cardiovascular genomics and metabolism. A former lecturer at Oxford and other academic institutions, his work focuses on metabolic health, performance, and cardiac disease prevention in high-stress public safety professions. In 2015, he co-founded Sigma Tactical Wellness, leading it to become a national authority in advanced cardiac screening for first responders before its acquisition in 2025. Dr. Stone is known for translating complex science into practical strategies that improve health, performance, and leadership.