

Annette Zapp, MA, CSCS*D, CISSN

Owner of Fire Rescue Wellness — Educator, Speaker

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Let's connect!



www.firerescuewellness.org



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Services

Virtual 60-minute talk 400

Virtual 60-minute talk repeated for three total shifts 1000

A recording may be added to virtual presentations for \$100

Live 60-minute talk (plus travel cost from OKC) 400

7-hour wellness training/consultation 3500
(plus travel cost from OKC)
Choose your own adventure: talks, training sessions, demonstrations, consultations, needs assessments

Virtual wellness series — includes one recorded 30-minute presentation per month on topics related to physical and mental wellness 3000

New Recruit on-boarding 60 minute talk (virtual or plus travel from OKC) 400

Magazine article writing (investment varies by scope) 500+

Conference/event speaking engagements (investment varies by scope). 1000+

Request a speaking engagement here.

Needs analysis/department consultation 200+
(plus travel cost from OKC, if applicable) per hour

To learn more about needs analysis and department consultations, **please start here.**

Speaking Topics for Fire Departments:

- Four Pillars of Mental Health
- Sleep
- Life-Saving Story Telling
- The ISSN Position Stand Nutrition Basics
- Lifting Heavy and Odd Objects
- Injury Risk Management
- Training Program Basics
- Understanding Pain
- And many more!



It is my mission to ensure that every firefighter feels supported physically, mentally, and emotionally in the work they do. I'm a retired firefighter. My greatest honor and life's work is taking care of firefighters.



WOMEN IN FIRE



If you have an inquiry and you're not sure where to start, please fill out the contact form linked here.

FILL OUT THE CONTACT FORM