

## Code 9 Project

The Code 9 Project is a national non-profit organization dedicated to providing support, education and viable self-help resources to all Command Staff, First Responders and their Family members through the medium of film, workshops and health programs.

The Code 9 Project also serves as a bridge between First Responders, Police/Fire/EMS Departments and their communities by providing outreach, education and positive community building programs.

By educating communities about the unique career stressors that First Responders experience on a daily basis, we promote the opportunity for communities to provide the positive support and resources needed.

**We are in this together.**

## S.H.A.R.E Programs

**S.H.A.R.E. Two-Day Interactive  
First Responder Workshops**

**S.H.A.R.E. One-Day Interactive  
Family Workshop**

**S.H. A.R.E. Two-Day Command  
Staff Workshop**

**S.H.A.R.E. Movement and  
Stress Reduction Workshop**

**S.H.A.R.E. Acute Incident  
Rapid Response**

**S.H.A.R.E. Professional Speaker  
Series**

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## CODE 9 S.H.A.R.E.

**Self-Help  
And  
Responsive Education**



**Movement and  
Stress Reduction  
Workshop**

## About the workshops

In an effort to promote the self-care practices necessary for managing stress and stress disorders such as PTSD, Code 9 offers S.H.A.R.E. Movement Workshops.

The S.H.A.R.E. Movement Workshops focus exclusively on the movement and relaxation components of self-care.

**Level I:** Beginner class for those new to movement and exercise as a self-care practice.

Strong focus on correct form and execution of foundational movements. Class is 75 minutes in length. 60mins movement/instruction and 15mins for review and Q&A.

## About the workshops...

**Level II:** Int./Adv. Class for those with a regular fitness practice who want to add variety and/or refine their existing program.

Strong emphasis on cross conditioning principles and bodyweight exercises. Class is 90mins. 75mins of movement/instruction and 15mins for review and Q&A.

Come join the movement!



## SELF-CARE

The S.H.A.R.E Movement series introduces simple and effective routines that are easily incorporated into any lifestyle for self-care.

First responders know the impact that negative stress can have on a person. Even worse, stress can trigger depression, anxiety and P.T.S.D symptoms as well as physical illness.

The physical and emotional benefits of movement are VERY important to first responders impacted by stress.

The workshops are informative, community oriented and most importantly, they are fun!