

Date: Monday, 1/27/25 @ 0800

Location: 3770 Yost Dr.

Salina, KS 67401

Host agency: Salina Police Dept.



FIT FOR DUTY

with Monica Crawford

8 hours + 2 mental health

- Build your own workout plan so you never lose a foot pursuit or ground fight again.
- Simplify meals to help you lose fat without taking away time from family.
- Bulletproof your mind and body to create fulfillment in your career and keep up with your grandkids in retirement.

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*THE WICKED FLEE WHEN NO ONE PURSUES,
BUT THE RIGHTEOUS ARE BOLD AS A LION,
PROVERBS 28:1*