



## New York State Professional Fire Fighters Association, Inc.

174 Washington Avenue, Albany, NY 12210

Phone: 518-436-8827 • 1-800-238-8827 • Fax: 518-436-8830

E Mail: [profire@nyspffa.org](mailto:profire@nyspffa.org)

[www.nyspffa.org](http://www.nyspffa.org)

### 2<sup>nd</sup> District Regional Health and Safety Seminar 2019

SAMUEL A. FRESINA  
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40 Collins Place  
Albany, NY 12208

June 10<sup>TH</sup> – Second District – Seminar will be held at the The Delta Hotel (Marriott), 200 Genesee St., Syracuse, NY 13502 (315-797-8010) - Start time 8:30 AM.

#### SPEAKERS/AGENDA

John Ceriello: Lieutenant, FDNY  
Topic: "Basement Fires"

Ewa Hlebowicz: Fire Fighter – Barnard Local 4030  
Topic: "Physical Fitness/Preparedness, Nutrition And Health/Wellness To Help Reduce And Prevent Both LODD & LODI"

Peter Caruso: D/C (Retired) Utica FD  
Topic: "2 ½ Story Frame Structure Fires"

**THERE IS NO COST FOR MEMBERS TO ATTEND THE SEMINAR. IF YOU WISH TO PARTICIPATE IN BREAKFAST & LUNCH, THE DISTRICT WILL BE COLLECTING \$20 PER PERSON FOR FOOD.**

**PLEASE NOTIFY ONE OF THE FOLLOWING – STATE OFFICE 518-436-8827, YOUR DISTRICT HEALTH AND SAFETY REP MIKE VALENTI AT 315-569-8803 OR TOM CARCONE (2<sup>ND</sup> District VP) 315-982-2064. IF YOU PLAN ON ATTENDING, WE NEED A HEAD COUNT.**

Fraternally,

Ron Kressman,  
Health & Safety Coordinator  
NYSPPFA

Dave Holleran  
Executive VP/Health & Safety Chairman  
NYSPPFA

