



# 5 MAR 2026

Optimize your performance, sleep, energy, focus and emotional balance with science-backed Special Operations strategies tailored for high-stress professionals. Course is 8 hours of wellness CEs accepted by MS BLEOST and includes a Garmin Watch.



## TOPICS COVERED

- *Operator Syndrome*
- *TBI*
- *Sleep & Energy*
- *Physical Performance & Nutrition*
- *Cognitive & Emotional Wellness*



## 1 DAY RESET

Mississippi Law Enforcement  
Officer Training Academy  
(MLEOTA)

3791 Highway 468 West  
Pearl, MS 39208



LINK TO  
COURSE

