



## *Fatigue Awareness During Snow Removal Operations*

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***Tuesday, December 12, 2017  
1 :00 p.m.- 2:15 p.m.  
Brewster Town Hal  
2198 Main St. Brewster MA  
(Conference Rooms A&B)***



This workshop deals with driver fatigue awareness during snowplow operations and will address the following topics

- How to improve energy via exercise & nutrition
- The latest research on sleep and its role in energy production
- Proper hydration and its role in leading a productive work-day

Sample exercises will also be introduced that which help to improve energy

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### ***Trainer***

**Paul Connolly**

**Certified Personal Trainer Paul Connolly possesses a degree in Exercise Science from UMASS-Boston where he graduated Magna Cum Laude. He has served as an exercise consultant for MIIA for thirteen years, and enjoys working with fitness enthusiasts of all levels. Founder/Creator of PC Conditioning Personal Training Services (<http://pcconditioning.com>), his diverse client list includes high school and collegiate athletes, stay-at-home Moms, corporate 9-5ers, brides-to be, and seniors. Outside of MIIA, Paul officiates basketball games year-round, plays the drums, researches cars, and enjoys spending time with his niece and nephew.**