



Director: Rodney Cox
Chairman: Chief Michael Starman
Vice-Chairman: Sheriff Justin Oliver
Secretary/Treasurer: Deputy Chief Travis Wiemelt

Phone: (618) 498-5611

Fax: (618) 498-2264

Email: westcentral@gtec.com

Website: www.mtu9.org

Funded in Partnership with the Illinois Law Enforcement Training & Standards Board

(Serving the Counties of Adams, Brown, Calhoun, Cass, Greene, Jersey, Macoupin, Morgan, Pike, Schuyler, and Scott)

FIRST RESPONDER HEALTH, WELLNESS AND FITNESS

DATE: October 9, 2026

TIME: 8:30 a.m. - 4:30 p.m.

LOCATION: Jacksonville Regional Training Facility
940 Hoagland Road, Jacksonville, IL

INSTRUCTOR: Stephen Petrilli

Meets IL Mandates: Officer wellness/mental health (6 hrs.), Procedural Justice (2 hrs.),

COURSE DESCRIPTION

This class will provide fact-based information and debunk the numerous nutrition, health and wellness "fads" that exist. I will empower attendees with science-based information to make positive changes to their nutrition, fitness, and overall health. Attendees will leave this training session with the knowledge and resources to have better informed conversations with their personal physicians and ultimately become the best advocates for their own health optimization.

This course is designed for administrators/supervisors as well as line staff. This program is interactive and will take a commonsense approach to explaining the subject of health, wellness, and fitness. The training will cover in detail - not vague suggestive terms - how to build a successful wellness/fitness program for individuals as well as organizations.

Non-Member Tuition: **\$0.00**** non-member tuition shall apply to State/Federal agencies and Local Law Enforcement agencies which are not members of MTU #9. Tuition will be invoiced to departments upon course completion. If a pre-registered student from a non-member agency fails to attend training, and the agency fails to provide advance notice within 7 days of the start date of that class, the agency will be invoiced the entire amount of the student's tuition. [See Tuition Policy Here](#)

No Shows/Cancellation Policy: West Central IL Criminal Justice Council-MTU #9 has instituted a No Show/Cancellation fee of \$50.00 to be invoiced to member/non-member agencies who do not provide sufficient notice of cancellations seven (7) days before start of class. This Fee will be invoiced within a week of an officer's absence from a training course in which he/she was registered. If an agency is unable to provide advance notice of its intent to cancel course registration because of circumstances beyond its control, the Director will have the discretion to waive this payment. Any requests to waive No Show/Cancellation Fee the Director in writing. (View Full Policy [HERE](#))

To Register: Follow this link to Register: <https://mtu9.org/page/3/register-now> If you experience problems or issues with registration, please email register@mtu9.org. ALL registrations must go through your Sheriff, Chief, or Training Officer.

This course is certified and approved by Illinois Law Enforcement Training & Standards Board