



Crossfield Fire Department

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# Camp Empower

Women Helping Women Reach Their Potential



Have you ever thought about or have a desire to join the fire service, but didn't know where to start? Maybe it felt like it was outside of your reach? Or perhaps you are just curious to see what it takes to be a Firefighter.

Join us on **November 16th** for a full day event to answer those questions and to empower you in your journey to becoming a Firefighter.

**What to expect:**

- A hard workout to simulate our fitness test (bring appropriate attire and water bottle)
- Wearing structural firefighting personal protective clothing and equipment
- Hands on experience with firefighting tools and equipment
- Mini training scenarios, and more!

**Who can attend:** Women ages 18+

**Cost:** FREE, Lunch will be provided

**Contact to sign-up:** [cynthian@crossfieldalberta.com](mailto:cynthian@crossfieldalberta.com) [bethg@crossfieldalberta.com](mailto:bethg@crossfieldalberta.com)

[karynr@crossfieldalberta.com](mailto:karynr@crossfieldalberta.com)

Limited spots available. Please RSVP before November 9th to secure your spot!