

BALANCE

YOUR BEST SELF: FITNESS, NUTRITION, MINDFULNESS, WELL-BEING

EMPOWERMENT

FIRED UP!



NIKKI MCROSTIE

LIEUTENANT SLOAN GRIMSLEY
ASSISTS CAMPERS WITH THE
CHARGED HOSE EXERCISE.

Back by popular demand, Palm Beach Gardens Fire Rescue's second annual **Girls on Fire Camp** invites girls ages 13 through high-school seniors to suit up and feel the heat in an action-packed boot camp led by an all-female team of fire service professionals including medics, captains, rescue lieutenants, and a division chief. The free, hands-on day camp—which will take place June 8-12 at the Palm Beach Gardens Fire Training Complex—will offer rare insight into the profession. Participants will connect a 115-pound fire hose to a hydrant, conduct a building search while wearing an air pack and face piece, and use the “jaws of life” in a simulated vehicle extrication, among other exercises. Registration opens February 2 for Palm Beach Gardens residents, with registration for nonresidents to open in April, as of press time; space is limited to the first 25 Florida residents who sign up. “It’s an incredibly empowering and life-changing experience that gives these girls unimaginable confidence, courage, and direction,” says division chief Sandi Ladewski. “It’s truly remarkable.” (pbgfl.gov/1478/girls-on-fire-camp) —*Judy Alexandra DiEdwardo*



COURTESY OF PBG FIRE RESCUE

FROM LEFT TO RIGHT: FIRE MEDIC KRYSZYNA KRAKOWSKI, LIEUTENANT KELSEY GITLER, FIRE MEDIC JULIE DUDLEY, CAPTAIN MONICA MARZULLO, AND DIVISION CHIEF SANDI LADEWSKI