

## Achieve Peak Performance

First responders often encounter intense and distressing situations, such as life-threatening emergencies, violence, and natural disasters. Over time, repeated exposure to such events can contribute to cumulative trauma and increased stress, impacting mental and physical wellness.

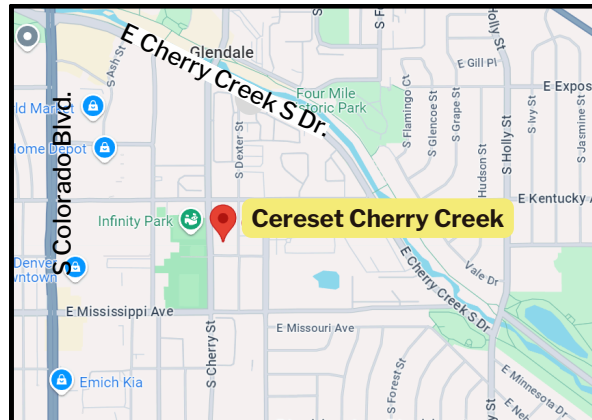
To consistently perform at their best, first responders rely on quick thinking, sharp focus, and mental resilience. By supporting the brain to optimize neural pathways, Cereset empowers first responders to sharpen cognitive function and maintain resilient in high-stress situations.

Clinical trials conducted with civilians, military and first responders have conclusively demonstrated the benefits of brain balance on achieving and maintaining peak performance.

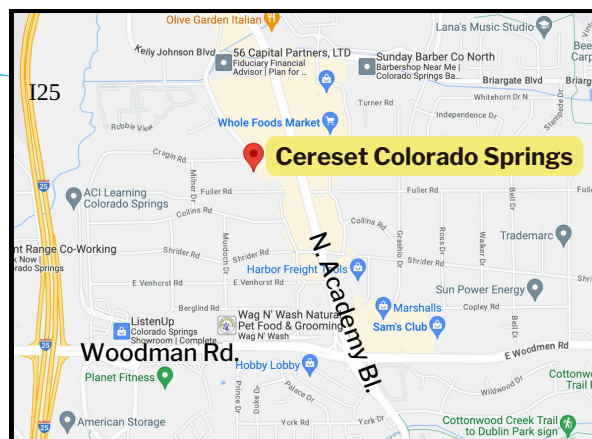


## Locations

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## Websites

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## First Responders

Restoring Balance  
with Cereset®



Cherry Creek  
303.954.8834

Colorado Springs  
719.249.3663



## First Responders need support

The demands of being a first responder can permeate all aspects of life—mental, physical, and emotional. Many struggle with maintaining healthy relationships, finding time for self-care, and managing stress, which impacts family life, social connections, and personal well-being. Without adequate support, the chronic stress and exhaustion associated with these roles can lead to long-term health challenges such as:

- PTSD
- Depression
- Anxiety
- Sleep disorders
- Burnout
- High blood pressure
- Anger/ irritability
- Chronic pain
- Cognitive decline

"Being a first responder means facing repeated high-stress situations that can take a toll on both the mind and body, affecting overall health and well-being."

## Cereset®

Cereset (Cerebrum+Reset) uses non-invasive technology to support the brain to relax and reset itself. The client's unique brainwaves are read by precision scalp sensors and translated into audible tones that the client hears in real-time. The brain responds to its own brain echo by relaxing, creating new neural networks, and dismantling dysfunctional patterns.

By achieving self-regulation, the brain can relieve first responder stress-related symptoms. Cereset stands out as the most effective brain based therapy available. It is safe, effective and drug-free.

## How it works



Scan the QR code with your smartphone to watch a 2 minute video about how Cereset works.

## Session length

Cereset begins with an initial package of five sessions, each lasting between one and a half to two hours. Sessions are scheduled once or twice a week, tailored to the client's individual needs. Many clients report positive changes by the second session. Additional sessions may be suggested depending on the client's progress and goals.