

# FIREFIGHTER 5 FOUNDATION

## OUR MISSION, WHAT WE DO

The Foundation is focused on the principles of helping others. Whether it be first responders helping civilians or civilians helping first responders.

Our first focus is on the first responders. It's easy for today's responders to overlook their own wellbeing. We aim to assist the first responder in building a stable, healthy lifestyle through physical and mental fitness and to help build a strong foundation with individual support, team encouragement and financial assistance.

Our second focus is the general public. As first responder we are trained to help anyone in need. All over the country police, firefighters and paramedics are giving back even more in different ways, charity runs, fundraisers, and much more. The Foundation will assist these special people in promoting and assist in financing their charitable goals.

If you are a first responder contact us today to see how we can help you.



Steven J Bender  
Founder

