

## Mid Island Air Service Monthly Safety Seminar JAN 2026

You are invited to an exclusive safety workshop on . . . . . At this 2 hour informative briefing we will discuss Pilot Fitness: **Fit to Fly - stress management, topics for pilot health optimization, simple strategies, action steps.**, and much more. Pilots need to make good decisions and only you can choose to be a safe pilot.

**Mid Island Air Service Hangar, MacArthur Airport, 101 Hering Drive, Ronkonkoma, NY 11779**

### A message from the National FAASTeam Manager

Earn your WINGS to get a chance to win a prize. Go to <https://www.wingsindustry.com/WINGS-Sweepstakes> for more info. Join us on Facebook: <https://www.facebook.com/groups/GASafety/>

**Join us on Facebook: <https://www.facebook.com/groups/GASafety/>**  
**Sign up for the FAA's safety services at [www.faasafety.gov](http://www.faasafety.gov)!**

### Event Details

**Sat, Jan 10, 2026 at 09:00 EST**

**Mid Island Air Service, Inc.**

101 Hering Dr  
MacArthur Airport  
Ronkonkoma, NY



**Contact: Don Lawrence**

**6315885400**

**don@midislandair.com**

**Select #: EA11140847**

**Lead Representative DONALD W  
LAWRENCE n/a**

The FAA Safety Team (FAASTeam) is committed to providing equal access to this meeting/event for all participants. If you need alternative formats or services because of a disability, please communicate your request as soon as possible with the person in the “Contact Information” area of the meeting/event notice. Note that two weeks is usually required to arrange services.

