

Greater Chicago FSDO FAASTeam GL-03 presents:

Chicago 99s Aviation Expo 2023 - The Fit Pilot-10 Principles for Healthy Body Mind and Safer Pilot

The Fit Pilot Principles are the foundation for a balanced, healthy life and improved aviation skill. When a pilot is healthy, focused, and feels fantastic, flying is safer and more enjoyable. Simple daily practices can make all the difference. Learn how to improve your health, energize your body, focus your mind, and become a safer, more skilled pilot.

Speaker Bio:

Dr. Warren Bruhl, CFI, CFII, MEI, is the developer of the The Fit Pilot program and co-owner of Gambit Aviation. He began his flying career in 2015 and has logged over 2400 hours. He recently completed his commercial helicopter rating and is now working towards becoming a helicopter CFI. Dr. Bruhl's background as a chiropractic physician prior to aviation has given him a unique perspective on healthful habits that can improve pilot fitness and brain function. Dr. Bruhl also does international non-profit charity work and is the author of two books. He has been featured on television, radio, and print articles about his healing and charitable work.

Event Details

Sat, Jan 28, 2023 - 11:30 CST

Renaissance Suites Hotel

1400 Milwaukee Avenue

Glenview, IL 60025



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Representative MICHAEL BARAZ

Directions: Renaissance Suites Hotel
1400 Milwaukee Avenue
Glenview, IL 60025
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We're happy to offer this as a fly-in event. The Renaissance Suites Chicago Glenview Hotel and Hawthorne Global Aviation will provide transportation to hotel for the Expo. Our thanks to Hawthorne Global for discounts on ramp for those attending. Be sure to let them know the 99s IFR VFR Safety Seminar upon your arrival.

A message from the National FAASafety Manager

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