



# News Release

For Immediate Release

Tuesday, January 31, 2017

## **SPRING FEARLESS FLYING COURSE TO BE HELD AT ROC AIRPORT**

The Greater Rochester International Airport (ROC) is the host location for an upcoming Spring Fearless Flyers Course. Course Presenters Dr. David K. Broadwell, MD, MPH and Christine R. Wilmot, BA (Psychology), BS (Nursing), MPH (Occupational Health & Safety) will be offering the three session course designed to help people manage their fear of flying.

The informal, small-group seminar offers information and techniques to reduce anxiety related to the experience of traveling via commercial aircraft. Participants will learn to confront situations that cause anxiety and techniques for dealing with these feelings such as muscle relaxation, breathing control and imaging techniques. A pre-course survey will help identify specific areas of concern to each participant.

The educational portion of the course is designed to help flyers understand aircraft, how they work, and the varied conditions of flight that are encountered. There is an opportunity to examine a corporate turboprop aircraft as an example of how an airplane works, and a "day trip" graduation flight on a commercial flight will be available as an option.

The upcoming session dates are:

**Tuesday – March 14, Thursday – March 16 & Tuesday – March 21 from 6pm – 9 pm.**

Session Fee is \$200.

For specific course information and to register email [fearlessflying@frontier.com](mailto:fearlessflying@frontier.com) or call 585-244-5450.

ROC Airport is the host location for this course. Course design and fee is that of the Course Presenters (biographies listed below). Course listing at [www2.monroecounty.gov/airport-fearless-flyers](http://www2.monroecounty.gov/airport-fearless-flyers).

### **Course Presenter Biographies:**

**Christine R. Wilmot, BA (Psychology), BS(Nursing), MPH (Occupational Health & Safety), MA (Theology)** is a registered nurse with experience in Occupational Health, Public Health, and Psychiatric nursing. She worked at NASA in the field of Aerospace Medicine and is also a former Flight Attendant for United Air Lines. A private pilot and aircraft owner, she is also involved in religious/spiritual education and counseling.

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**David K. Broadwell, MD, MPH** is a physician specialist in Internal and Aerospace Medicine. A former NASA and Army flight surgeon, he has spent the past twenty years as an FAA Aviation Medical Examiner here in Rochester, helping pilots with their medical certification for flying and doing aerospace consulting. He is an airline transport rated pilot, and for over fifteen years also operated a charter aircraft company based at the ROC airport.

The presenters have both been active members of the Aerospace Medical Association since the early 1980's.

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