

2026 National Capital Region Fire Health & Safety Symposium

**FRIDAY,
MARCH 13
2026**

Agenda

TRACK 3: CANCER & CARDIAC

6:30 - 7:45 A.M.	Coffee/ Light Breakfast / Vendor Setup
7:45 - 8:00 A.M.	Welcome / Elevator Pitch from LION (Vendor) / Introduction to Morning Keynote Speaker
8:00 - 9:00 A.M.	Keynote: Dena Ali - Prevention by Design: Engineering Better Solutions to Wicked Problems Battalion Chief with the Raleigh (NC) Fire Department
9:15 - 10:00 A.M.	Speaker: John Oates (Ret.) - “This Elephant tastes like crap!” Eating your way through firefighter cancer prevention and mitigation President & CEO - International Public Safety Data Institute
10:15 - 11:00 A.M.	Speaker: Megan Lautz - Hydration Under Pressure Dietitian for firefighters and police officers
11:15 - 12:00 P.M.	INOVA Fireside Chat: Dr. Jennifer Lund, Enzo Ochoa, Alana Yanagida, Ejaz Paracha, Bryan Bassig, Steph Herbert - Cancer & Cardiac: What is Killing Us?
12:00 - 1:15 P.M.	Lunch and Vendor Time
1:15 - 2:00 P.M.	Speaker: Steve Weissman (Ret.) - Doing It Right: Reducing Cancer in the Fire Service FCSN Regional Director for the Eastern Region of the United States
2:15 - 3:00 P.M.	Speakers: Patrick Morrison, David Hoagland, Sean Decrane - IAFF Federal, State, and Local Updates Addressing PSOB and Emerging Trends in Health and Safety
3:05 - 3:15 P.M.	Elevator Pitch from First Due (Vendor) / Introduction to Afternoon Keynote Speaker
3:15 - 4:15 P.M.	Closing Keynote: John Donnelly - Potomac Air Crash Fire and EMS Chief, DC Fire and EMS
4:30 - 6:00 P.M.	Social Reception & Vendor Time