

Dispatchers WELLNESS

Approved for CEU Hours
by Alabama 911 Board

Students who attend Dispatchers Wellness will learn concepts and applications of simple mindfulness tools to help with stressors of the job and increase wellness and resilience.

Research shows that among its many benefits mindfulness can help reduce stress, reduce emotional reactivity, and increase the ability to participate in the present moment.

Created specifically for dispatchers taking into account the stressors of the job.

Cost: \$125.00.

*Must be a currently employed public safety dispatcher to attend.

For questions
please email
info@dispatchwellness.com



Earn CEU hours and learn about wellness concepts, mindfulness, nutrition and movement.



Scan QR Code

For Dates,
Registration,
and Reviews

www.dispatchwellness.com/alabama