

# Dispatchers WELLNESS

**CCN#1463-30906**

**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.**

**Plan: IV. Travel and per diem reimbursement.**

**Cost: Non-Reimbursable**

**Tuition: \$125.00**

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

**For questions  
please email**

**info@dispatchwellness.com**



**Earn California POST Credits  
(CPTS) and learn about  
wellness concepts,  
mindfulness, nutrition and  
movement.**



**Scan QR Code**

**For Dates,  
Registration,  
and Reviews**

**[www.dispatchwellness.com/post](http://www.dispatchwellness.com/post)**