## **Dispatchers WELLNESS**

CCN#1463-30906

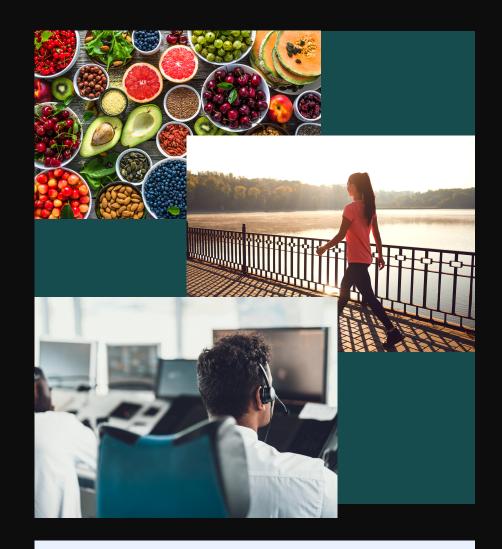
Students who attend
Dispatchers Wellness
will learn concepts and
applications of simple
mindfulness tools to
help with stressors of
the job and increase
wellness and resilience.

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.



For Dates, Registration, and Reviews