

# Dispatchers WELLNESS

**Open to ALL States  
and Centers**

**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/telecommunicator to attend.**

**\*High quality training created specifically for dispatchers. Certified by various Police Standards Councils including California POST.**

**\*For questions please email  
info@dispatchwellness.com**



**Learn about wellness  
concepts, mindfulness,  
nutrition and movement.**



**Scan QR Code**

**For Dates,  
Registration,  
and Reviews**

**www.dispatchwellness.com/tennessee**