

**Presented by
Dispatch
Wellness**

Learn and practice mindfulness-based tools to help with the stressors of the job.

**STARTS
SEPTEMBER
19TH 2024**



Mindfulness-Based Stress Management

**8-Week Course
September 19th to
November 7th, 2024**

Learn More

**STRESS MANAGEMENT
CCN 1463-22322-24-001**



Mindfulness-Based Stress Management is an eight-week course that will help students learn about mindfulness, mindfulness-based exercises, and a variety of meditation practices that can help reduce stress. The course meets once per week for eight weeks, for a total of 16 hours. Weekly classes meet for 2 hours live via Zoom. Sessions will include mindfulness meditation practices, group discussions, gentle movement, reflection practices, daily homework, and related class readings.

CPT: Yes

Plan: NA. No POST financial reimbursement

Cost: Non-Reimbursable Tuition: \$400.00

www.dispatchwellness.com