

# 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.

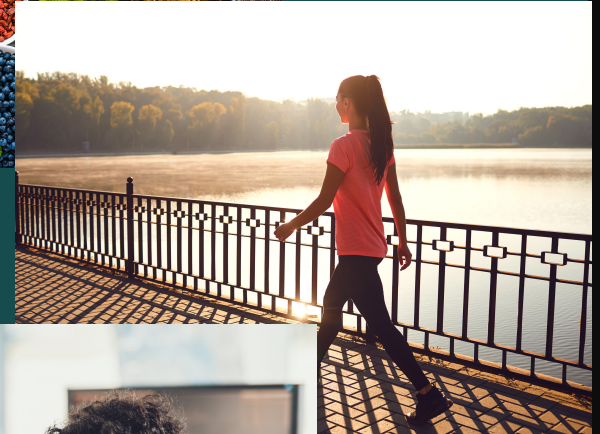
Created specifically for dispatchers taking into account the stressors of the job.

**Tuition: \$125.00**

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

**Cost: Non-Reimbursable**

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



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



For questions please email  
[info@dispatchwellness.com](mailto:info@dispatchwellness.com)

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