

# 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**

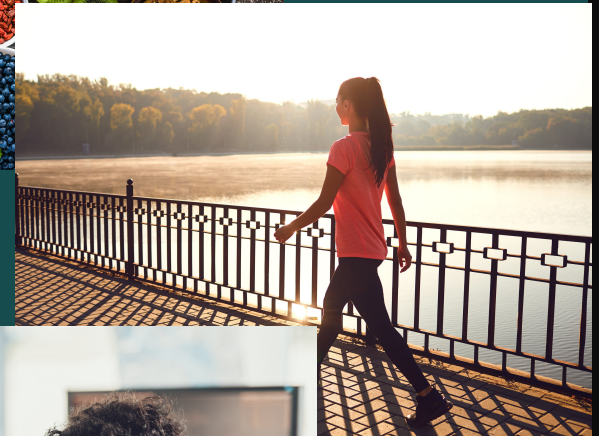
**\*Must be a currently employed public safety dispatcher/telecommunicator to attend.**

**\*California POST Certified; provides California POST Credits to those applicable**

**\* Accredited through the State of New Mexico; provides NMLEA training hours to those applicable**

**\*Approved for CEU Hours by the Alabama 911 Board**

**\*Certified by Alaska POST**



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



**for questions  
email [info@dispatchwellness.com](mailto:info@dispatchwellness.com)**

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