

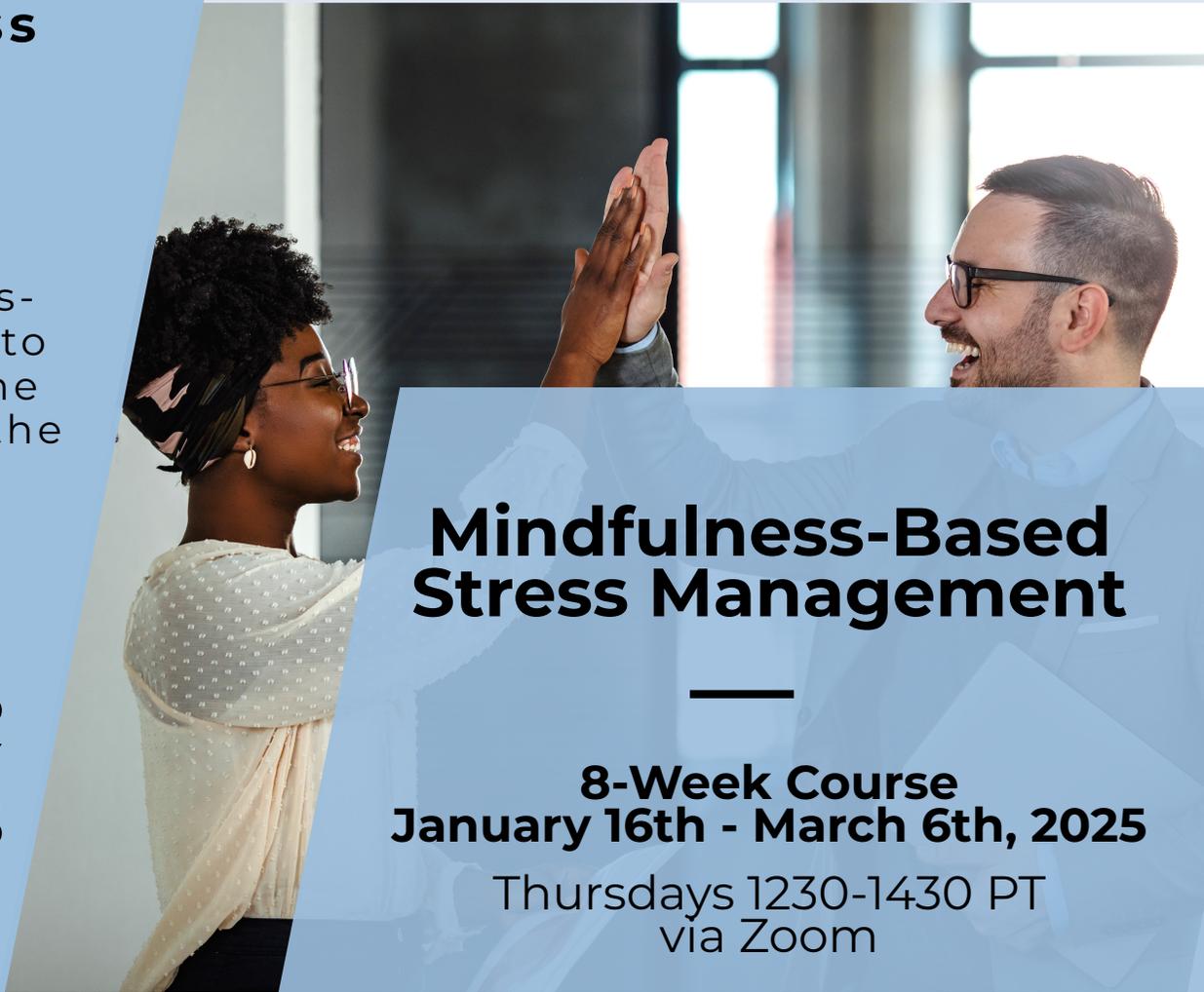
**Presented by  
Dispatch  
Wellness**

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

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**STARTS  
JANUARY  
16TH 2025**



## **Mindfulness-Based Stress Management**

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**8-Week Course  
January 16th - March 6th, 2025**

Thursdays 1230-1430 PT  
via Zoom

**Learn More**

**STRESS MANAGEMENT  
CCN 1463-22322-24-002**



**Open to ALL Public Safety Employees  
ALL States & ALL Centers**

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.

Cost: Non-Reimbursable  
Tuition: \$400.00

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