



# SCIENCE OF WELLNESS

September 30, 2024  
0800-1600

Calling all 9-1-1 dispatchers: Master the art of resilience in your high-stakes career. This course reveals the unique stress patterns of emergency telecommunications and their effects on your performance and well-being. Learn to leverage beneficial stress, minimize risks, and acquire practical tools to build lasting resilience. Empower yourself to excel in your critical role while protecting your long-term health.



PRESENTED BY  
KIM TURNER

## California APCO Conference

Hyatt Regency  
11999 Harbor Blvd  
Garden Grove, CA 92840

POST CCN# 1301-21764-24-008

POST Plan V

Students Receive 8-hours of CPT

