



A KIM TURNER, LLC COURSE

**TUITION  
FREE**

# SCIENCE of WELLNESS

9-1-1 first responders, master the art of resilience. This course is designed for call-takers and dispatchers. We will discuss the unique stress patterns of emergency telecommunications and the effects on your performance and well-being. Learn to leverage beneficial stress, reflect on your mindset, and acquire practical tools to build lasting resilience. Empower yourself to excel while protecting your long-term health.



**INSTRUCTOR**

## **SHERI JASSO**

Sheri Jasso, Lead Dispatcher for the Galt Police Department, brings over 18 years of experience in emergency communications and leadership. As Instructor for The Science of Wellness, she guides 9-1-1 dispatchers in developing resilience, managing stress, and applying practical wellness strategies to strengthen performance and emotional balance in a demanding profession.

**IN PERSON COURSE**

# **WEDNESDAY, MAY 13, 2026**

0800 – 1700 PST

POST CCN# 1301-21764-25-006

POST PLAN V

**8 HOURS OF CPT CREDIT**

**ROSEVILLE POLICE DEPT**

1051 Junction Blvd

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[WWW.THEKIMTURNER.COM](http://WWW.THEKIMTURNER.COM)