

1/11/21

1301-49700-20-005

1/16/21

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1/30/21

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1/31/21

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## WELLNESS

This POST certified course is designed for sworn, dispatch, and civilian public safety personnel. The course addresses common organizational stressors & offers basic tools for resilience that may be applied at any point during your career in public safety.

Select any date to the left.

Course hours are 0800-1700

## **TUITION FREE**

for California POST agencies
Students receive 8-hours of CPT credit

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