

HOSTED BY CHULA VISTA PD

# SCIENCE OF WELLNESS

POST PLAN V CCN 1301-21764-19-002

Stressful work-related events occur repetitively in public safety and stressful work environments may enhance risk for various mental health conditions. Learn the science behind wellness to develop coping and resilience skills to jump start the path to wellness. This is a NEW COURSE for current dispatchers and officers. 9-1-1 dispatchers will receive priority registration.

**TUITION FREE**  
**REGISTER ONLINE**  
**[WWW.THEKIMTURNER.COM](http://WWW.THEKIMTURNER.COM)**

**MARCH 7, 2020**  
**8 AM TO 5 PM**  
**315 4TH AVE., CHULA VISTA, CA 91910**

TAUGHT BY KIM TURNER & DR. MICHELLE LILLY