



San Bernardino County SHERIFF'S DEPARTMENT

WELLNESS

January 16-18, 2024
0800 to 1700 hours

Course Description

A Whole-Body Approach to a Road to Wellness, is a highly interactive student-centered 24-hour course created to educate law enforcement personnel on the psychological effects of trauma, provide the necessary tools to help offset various life stressors, and teach law enforcement personnel to create time to plan for a successful wellness plan for daily living. At the conclusion of the course, students will have created a personalized wellness plan, which will be a living document that is ongoing, not stagnant, and will help them continue their wellness living daily.

Learning Topics

- Developing Holistic Wellness
- Mental Health Wellness
- Physical and Nutritional Wellness
- Financial Wellness
- Work-Life Wellness

Who Should Attend?

San Bernardino County Sheriff's Deputies, City Law Enforcement Officers, Probation Officers, Correctional Officers, School Resource Officers, University & Community College Officers, Emergency Dispatchers, Professional Staff.

Frank Bland Regional Training Center



18901 Institution Road
San Bernardino, CA, 92407
(909) 473-2695



[Click Here](#) to visit our website or scan QR Code

Course Location:

Frank Bland Regional Training Center 18901
Institution Road, San Bernardino, CA 92407

Course Fee:

FREE

POST CCN:

2330-43170-23-001

POST Plan:

N/A

- *Dates and location are subject to change*
- *Casual business attire strictly enforced. No shorts, T-shirts, tanks, jeans, sandals, etc.*

Advanced Officer Training
"Beyond the Basic"

To register, use the Course Registration form located [HERE](#)
INFORMATION (909) 473-2695 / AOTRegistration@sbcasd.org

