

<b>Course ID</b>	<b>C17841</b>	<b>Career Wellness</b>		
<b>Program</b>	Corrections		<b>Status</b>	Active
<b>Subject</b>	Inservice		<b>Credit Hours</b>	6.00
<b>Instructor</b>			<b>Pass Score</b>	0.00
<b>Provider</b>	MD Police & Corr. Training Commissions		<b>Approved</b>	8-03-2021
<b>Location</b>			<b>Period From</b>	6-14-2022
<b>Course Type</b>			<b>Period To</b>	6-14-2025
<b>Training Type</b>			<b>File Number</b>	
<b>Attribute</b>			Persons who complete this course will be awarded the following certification. <b>Certificate</b> <b>Status</b> <b>For Period</b>	
<b>Attribute</b>				
<b>Attribute</b>				
<b>Attribute</b>				
<b>Attribute</b>				
<b>Attribute</b>				

**Course Description**

This course is designed to enable public safety practitioners to develop strategies and skills for wellness. Topics to be covered include goal setting, fundamentals of physical fitness, cardiovascular health, nutrition basics, weight management, and stress.

**Class Sessions**

<b>Course ID</b>	<b>P45223</b>	<b>Career Wellness</b>		
<b>Program</b>	Police		<b>Status</b>	Active
<b>Subject</b>	Inservice		<b>Credit Hours</b>	6.00
<b>Instructor</b>			<b>Pass Score</b>	0.00
<b>Provider</b>	MD Police & Corr. Training Commissions		<b>Approved</b>	8-03-2021
<b>Location</b>			<b>Period From</b>	6-14-2022
<b>Course Type</b>			<b>Period To</b>	6-14-2025
<b>Training Type</b>			<b>File Number</b>	
<b>Attribute</b>				
<b>Attribute</b>				
<b>Attribute</b>				
<b>Attribute</b>				
<b>Attribute</b>				
<b>Attribute</b>				

Persons who complete this course will be awarded the following certification.

**Certificate**  
**Status**  
**For Period**

**Course Description**

This course is designed to enable public safety practitioners to develop strategies and skills for wellness. Topics to be covered include goal setting, fundamentals of physical fitness, cardiovascular health, nutrition basics, weight management, and stress.

**Class Sessions**