

## Law Enforcement Wellness - LE118

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**Section:** LE118 001242S Online

**Section Type:** Lecture

**Credit Hours:** 1.00

**Course Description:** Exploration of the four pillars of personal wellness: physical, mental, emotional, and spiritual. Development of self-care tools needed with emphasis on changes a person experiences and unique stress of a law enforcement career.

**Course Notes:** Police Science-Law Enforcement or Criminal Justice Administration major or consent of program coordinator.

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**WHEN**

Days: Arranged

Times: Arranged

Start Date: 01/13/2025

End Date: 03/07/2025

**WHERE**

Online

**INSTRUCTOR**

SHELDON STEWART

**BOOKS**

Title: EMOTIONAL SURVIVAL FOR LAW ENFORCEMENT 1 Edition

Author: GILMARTIN

Required: Yes