



August 2015

Monthly Health Topic: Mindful Eating

Featured bWell Activities

- Practice mindfulness by being fully present in the activity/conversation
- Download Mindful Eating Awareness Log
- Book Club Selection - Eating Mindfully by Susan Albers, Psyd.
- Webinar- Meal Planning

August National Observances

National Breastfeeding month

National Immunization awareness month

National Relaxation Day, August 15

FAQ's

- **Troubles viewing activities on bWell?** Check your internet security settings and allow access to secured files.
- **Where/when can I redeem my wellness points?** The redemption center will be available on *mySanfordHealthPlan* under the *NDPERS Dakota Wellness Program* drop-down menu beginning **August 1.**
- **Can I sync my Fit Bit or other fitness tracker to the bWell portal?** We are exploring options to add syncing functionality for all fitness-tracking devices.

Mark Your Calendar

August 1: Point redemption begins!

August 5: [Monthly Coordinator Call](#)

September 2: [Monthly Coordinator Call](#)

September Theme: Paint Your Plate

Quick Links

[Dakota Wellness Program Resources](#)

[North Dakota Worksite Wellness](#)

[NDPERS](#)