

Monthly Wellness Coordinator Update

Dakota Wellness Program



August 2023

Monthly Well-being Education Career Growth and Development

Career well-being has the greatest impact on our overall well-being. Career well-being can be influenced through career development. Career development includes the support an organization provides to employee professional growth as well as steps employees can take regarding their own professional growth.

Employee Well-being Training Monthly webinar August 8 at 10 a.m.

During this 15-minute LIVE webinar, join us for a discussion on steps to consider regarding career growth and development.

Employees who register and attend the live webinar will receive a certificate of completion voucher from Sanford Health Plan for 3,000 points.

Register for the August 2023 webinar!

Wellness Challenges Rethink Your Drink Challenge

Challenge Overview

- Drink six or more glasses of water per day

Challenge Points

- 1,500 points
- Record Yes or No 21 out of 28 days
- Record Yes 14 out of 28 days

Challenge Dates

- Registration: July 19 - August 9
- Challenge: August 2 – August 29

Access through the challenges section within the [wellness portal](#).

Wellness Coordinator Recharge Workshops Virtual event in August

Join the Dakota Wellness team for an overview of the Dakota Wellness Program, NDPERS wellness benefits and how Sanford Health Plan can support your agency's wellness programming.

As a part of the Employer Based Wellness Program, wellness coordinators are required to attend or view a recording of the Recharge workshop. As an alternate option, coordinators can attend a ND Worksite Wellness Training.

This year's events will be held in CST on the following dates and times:

- [Tuesday, August 22 from 1 to 3 p.m.](#)
- [Wednesday, August 23 from 10 a.m. to 12 p.m.](#)
- [Tuesday, August 29 from 1 to 3 p.m.](#)

Click the date/time above to register for your preferred Recharge Workshop!

Inside this issue...

- Career growth and development
- Wellness challenges
- Wellness Coordinator Recharge workshops

[View past coordinator newsletters](#)

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Monthly Book Club

Rehumanizing the Workplace: Future-Proofing Your Organization While Restoring Hope, Well-Being, and Performance by Rosie Ward and Jon Robinson

[Download poster](#)
[Download flyer](#)

Monthly Wellness Coordinator Webinar

4th Tuesday of the month

The next webinar will be August 22

Register for the August 2023 meeting

Monthly Observances

- **National immunization awareness month**
- **National breastfeeding month**
- **8/1-8/7 World breastfeeding week**

Coordinator Wellness Program Resources Website and downloadable tools

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2023](#)

[Download the Certificate of Completion Voucher](#)

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Contact your wellness team

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