

Monthly Wellness Coordinator Update

Dakota Wellness Program



December 2023

Monthly Well-being Education

Self-care: your personal path to well-being

In this enlightening journey, we delve into the art of self-care and its incredible impact on your overall well-being. Learn how to nurture your physical, mental, and emotional health, and discover the personal self-care practices that can bring joy, resilience, and balance into your life. Your path to a brighter, more fulfilling tomorrow starts here.

Employee Well-being Training

Monthly webinar December 12 at 10 a.m.

During this 15-minute LIVE webinar, join us for a discussion on tips for self-care.

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 December 2023 webinar!

Wellness Challenge

Wellness from Within Challenge

Challenge overview:

- Different emotion well-being topics each week
- Track entries in emotional health journal
- Record 'yes' on at least 21 days of the 42-day challenge

Challenge dates:

- Enrollment: October 11 – November 1
- Challenge: October 25 – December 5
- Record entries: by December 12
- Points (1,500) awarded: by December 13

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

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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Monthly Book Club

Make Your Bed

by Admiral William H. McRaven

[Download poster](#)

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Monthly Wellness Coordinator Webinar

4th Tuesday of the month

The next webinar will be
December 26

Register for the December 2023 meeting

Monthly Observances

- **Dec 3-9:** National Hand Washing Awareness Week
- **Dec 4-8:** Older Driver Safety Awareness Week
- **Dec 4-10:** Stress-Free Holiday Preparation Week
- **Dec 5:** International Volunteer
- **Dec 14:** Yoga Day
- **Dec 21:** National Homeless Persons' Remembrance Day

- Give The Gift of Sight Month
- Identity Theft Prevention and Awareness Month
- Make a New Year's Resolution to Stop Smoking Month

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Free well-being information

Follow Sanford Health Plan's Facebook page for access to our well-being information all in the convenience of your newsfeed.



Contact your wellness team

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