

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



January 2024

### Monthly Well-being Education

#### The power of social well-being: a key to happiness

In our hectic lives, amidst individual pursuits, the significance of social wellbeing often fades. Yet, it's a linchpin to overall happiness. Beyond the surface of friendships and online connections, meaningful relationships shape our mental health. Strong social ties act as a buffer against stress, fostering resilience. The benefits extend beyond the individual, creating healthier, more supportive communities. Research shows that social connections enhance both mental and physical wellbeing, contributing to longer, happier lives. In a tech-dominated era, balancing digital and face-to-face interactions is crucial. Prioritizing relationships, nurturing connections, and investing in our social fabric are indispensable for a fulfilling life.

### Employee Well-being Training

#### Monthly webinar January 9 at 10 a.m.

*2<sup>nd</sup> Tuesday of the month*

During this 15-minute LIVE webinar, join us for a discussion on ways to improve your social well-being.

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 January 2024 webinar!**

### Wellness Coordinator Reminders and Announcements

**Start the new year off right:** Please encourage your group to complete their Health Assessment in the portal (A.S.A.P.) to prevent delays in entering and/or redeeming points.

### Coordinator Wellness Program Resources

#### Website and downloadable tools

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2023](#)

[Download the Certificate of Completion Voucher](#)

### Join us on Facebook

Free well-being information

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- Social Well-being
- Well-being Webinar
- Wellness Coordinator reminders and announcements
- Coordinator wellness program and resources

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#### Monthly Book Club

***Alone Together***  
by Sherry Turkle

[Download poster](#)  
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#### Monthly Wellness Coordinator Webinar

*4<sup>th</sup> Tuesday of the month:*

The next webinar will be  
January 23 at 10 a.m.

**Register for the January 2024 meeting**

#### Monthly Observances

15 - Martin Luther King Jr. Day  
16 - National Day of Racial Healing

Jan 21 to 27 - National Healthy Weight Week

Cervical health awareness month  
Glaucoma awareness month  
National birth defects prevention month  
National blood donor month  
Thyroid awareness month

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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