

Monthly Wellness Coordinator Update

Dakota Wellness Program



July 2024

Monthly Well-being Theme

Revitalize: The Power of Movement for a Vibrant Life

Physical activity is crucial for both physical health and overall well-being. It acts as a natural mood lifter, reducing stress, anxiety, depression, and anger, while improving mental health over time. Regular exercise maintains physical fitness, enhancing strength, stamina, and overall function. Simply put, incorporating more activity and reducing sedentary behaviors leads to a healthier and happier life.

Member Wellness Webinar

2nd Tuesday of the month

July 9 at 10 a.m.

During this 15-minute LIVE webinar, Sanford Health Plan will share ways to improve your 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 2024 webinars!

Reminders and Announcements

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.

This year's events will be held in CST on the following dates and times: Choose the session that fits best into your schedule.

- Tuesday, Aug. 20 from 1 to 3 p.m.
- Wednesday, Aug. 21 from 10 a.m. to noon
- Tuesday, Aug. 27 from 1 to 3 p.m.

Click here to register

Inside this issue...

- Physical activity
- Wellness webinar
- Reminders and announcements
- Program and resources

View past coordinator newsletters

View past coordinator webinars

Monthly Book Club

Built from Broken: A Science-Based Guide to Healing Painful Joints, Preventing Injuries, and Rebuilding Your Body

by Scott H Hogan

Download poster

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Wellness Coordinator Webinar

4th Tuesday of the month:

July 23 at 10 a.m.

Register for the 2024 meetings!

Monthly Observances

Healthy vision
Juvenile arthritis awareness
UV safety
Park and recreation

Coordinator Wellness Program Resources Website and downloadable tools

[Download Dakota Wellness Program Guide 2024](#)

[Dakota Wellness website](#)

[Download the Certificate of Completion Voucher](#)

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Contact your wellness team

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