



Monthly Wellness Coordinator Update

Dakota Wellness Program



April 2026

Monthly well-being theme

The importance of social health

Social health is a vital part of overall well-being, shaping how we manage stress, feel supported, and stay emotionally balanced. Meaningful connections with family, friends, and community create a sense of belonging and reduce loneliness. Strong social ties improve mental and physical health by fostering resilience during life's challenges. Community involvement adds shared purpose and support beyond individual relationships. Across all stages of life, especially as we age, nurturing social connections enhances quality of life, emotional health, and a deeper sense of connection to others.

Member wellness webinar

2nd Tuesday of the month

April 14th 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 2026 webinars!

Announcements & reminders

Marathon in a Month Challenge

Visible in wellness portal on April 22

Runs May 6 through June 2

Walk at Work events

Email coming soon for wellness coordinators to register their agency And earn a \$25 gift card to purchase supplies for the event or to use as a prize for a participant.

Coordinator Wellness Program resources

Website and downloadable tools

Dakota Wellness website

Dakota Wellness Program guide

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- Program resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly book club

The Art and Science of Connection: Why Social Health Is the Missing Key to Living Longer, Healthier, and Happier
by Kasley Killam

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

Wellness coordinator webinar

4th Tuesday of the month:

April 28th at 10 a.m.

Register for the 2026 meetings!

Monthly observances

Women's Eye Health and Safety Month
 Alcohol Awareness Month
 Stress Awareness Month
 Financial Literacy Month
 Cancer Prevention and Early Detection Month
 2 World Autism Awareness Day
 7 World Health Day
 6-12 National Public Health Week
 22 Earth Day
 24-30 World Immunization Week
 28 World Day for Safety and Health at Work Day

Dakota Wellness Program certificate of completion

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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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