



Monthly Wellness Coordinator Update

Dakota Wellness Program



August 2026

Monthly well-being theme

Feel successful managing your time

Does the word time make you feel stressed? You're not alone. Many of us try to do it all, but true time management isn't about getting everything done—it's about focusing on what matters most.

Try these simple strategies: set clear work boundaries, keep a master to-do list and a smaller priority list, and celebrate daily accomplishments with a "done" list. Small changes like these can reduce stress, boost productivity, and help you feel more in control of your time and energy.

Member wellness webinar

2nd Tuesday of the month

August 11th 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

Wellness coordinator recharge workshops

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 central time on the following dates and times. Choose the session that best fits your schedule:

- Tuesday, Aug. 18 from 1 to 3 p.m.
- Wednesday, Aug. 19 from 10 a.m. to noon
- Tuesday, Aug. 25 from 1 to 3 p.m.

[Register for the 2026 Recharge Workshop here!](#)

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- Program resources

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Monthly book club

Do What Matters Most, Second Edition by Rob Shallenberger and Steve Shallenberger

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

Wellness coordinator webinar

4th Tuesday of the month:
August 25th at 10 a.m.

[Register for the 2026 meetings!](#)

Monthly observances

Immunization awareness
Summer sun safety
1-7 Breastfeeding week
1 World lung cancer day
31 International overdose awareness day

[Rethink your drink - hydration challenge](#)

Registration opens on Aug. 5 and the challenge runs Aug. 19 through Sept. 15.

Goal: Track your daily water intake for 21 of the 28 days. On at least 14 of those days answer "Yes" to tracking 6 or more glasses of water (48 ounces) to earn points.

[Coordinator wellness program resources](#)

Website and downloadable tools

[Dakota Wellness website](#)

[Dakota Wellness Program guide](#)

[Dakota Wellness Program certificate of completion](#)

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