



Monthly Wellness Coordinator Update

Dakota Wellness Program



June 2026

Monthly well-being theme

Rewrite the odds: How men can live longer

Women generally live longer than men, often by five to six years, due to both biology and behavior. Genetically, women have two X chromosomes and estrogen supports heart health, while men’s higher testosterone and risk-taking behaviors contribute to earlier mortality. Women also benefit from stronger immune responses and broader social networks.

Men can close the gap by prioritizing preventive healthcare, exercising regularly, eating a balanced diet, managing stress, getting quality sleep and nurturing friendships. Small, consistent lifestyle changes—combined with social and emotional support—can add not just years, but vitality and health, to men’s lives.

Member wellness webinar

2nd Tuesday of the month

June 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 2026 webinars!](#)

Announcements and 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.

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[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly book club

Self-Care for Men: How to Look and Feel Good by Garrett Munce

[Download poster](#)

[Download flyer](#)

Wellness Coordinator webinar

4th Tuesday of the month:
June 23 at 10 a.m.

[Register for the 2026 meetings!](#)

Monthly Observances

Men’s Health
 PTSD Awareness
 14 World Blood Donor Day
 19 World Sickle Cell Day
 21 International Yoga Day

[Register for the 2025 Recharge Workshop here!](#)

Rethink your drink: Hydration challenge

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

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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Free well-being information

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Contact your wellness team

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