

Dakota Wellness Program

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our monthly 15-minute
wellness webinar.

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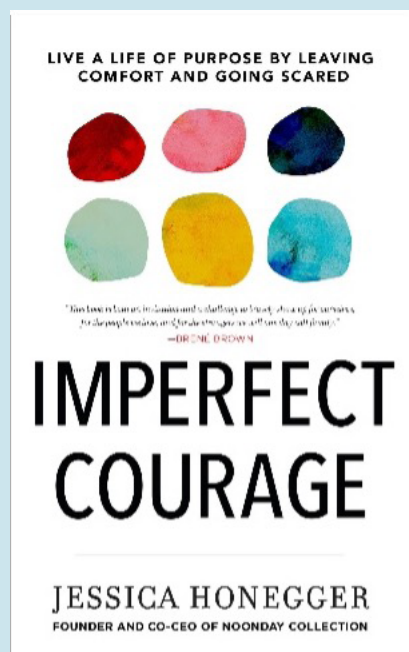
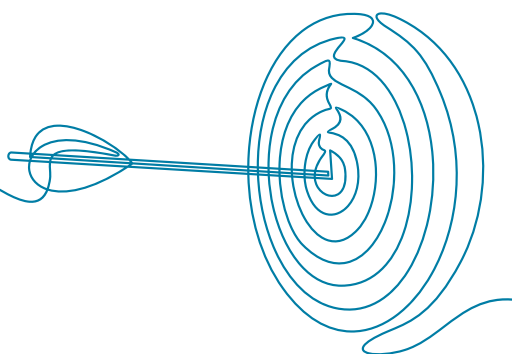
Live a Life of Purpose

Wellness isn't just about eating right or staying active—it's about living with intention. A sense of purpose fuels your mind, body, and spirit. It gives you direction when life feels uncertain and strength when challenges arise.

You don't need all the answers to start. Begin with what matters most to you. Reflect on the moments that made you feel alive. Serve others, set meaningful goals, and take small, intentional steps each day.

Purpose connects you to something greater—it nurtures emotional balance, sharpens your focus, strengthens your body, and deepens your relationships. Even in the toughest seasons, it reminds you why you keep going.

So breathe deeply, stay grounded, and trust your path. You were made for more than just getting by. Live with purpose—and watch your wellness grow from the inside out.



Book Club

Imperfect Courage by Jessica Honegger

Imperfect Courage by Jessica Honegger is a motivational book that encourages readers—especially women—to step out of their comfort zones and pursue a life of purpose. Drawing from her personal journey as the founder of Noonday Collection, Honegger explores themes of fear, vulnerability, and social impact. She shares how embracing imperfect courage—taking bold steps despite fear—can lead to personal growth and meaningful change in the world. Through stories, practical advice, and faith-based insights, Honegger inspires readers to build community, take risks, and use their voices to create a life that aligns with their deepest values.

Discussion questions

- What does “imperfect courage” mean to you personally, and how can embracing it impact your life or career?
- Discuss a time you stepped out in courage despite fear. What was the outcome?
- Jessica emphasizes the power of community in achieving courage. How has community support (or the lack of it) influenced your ability to take risks?
- The book links personal growth to social impact. In what ways can pursuing your own dreams also help uplift others, as Honegger did through Noonday Collection?

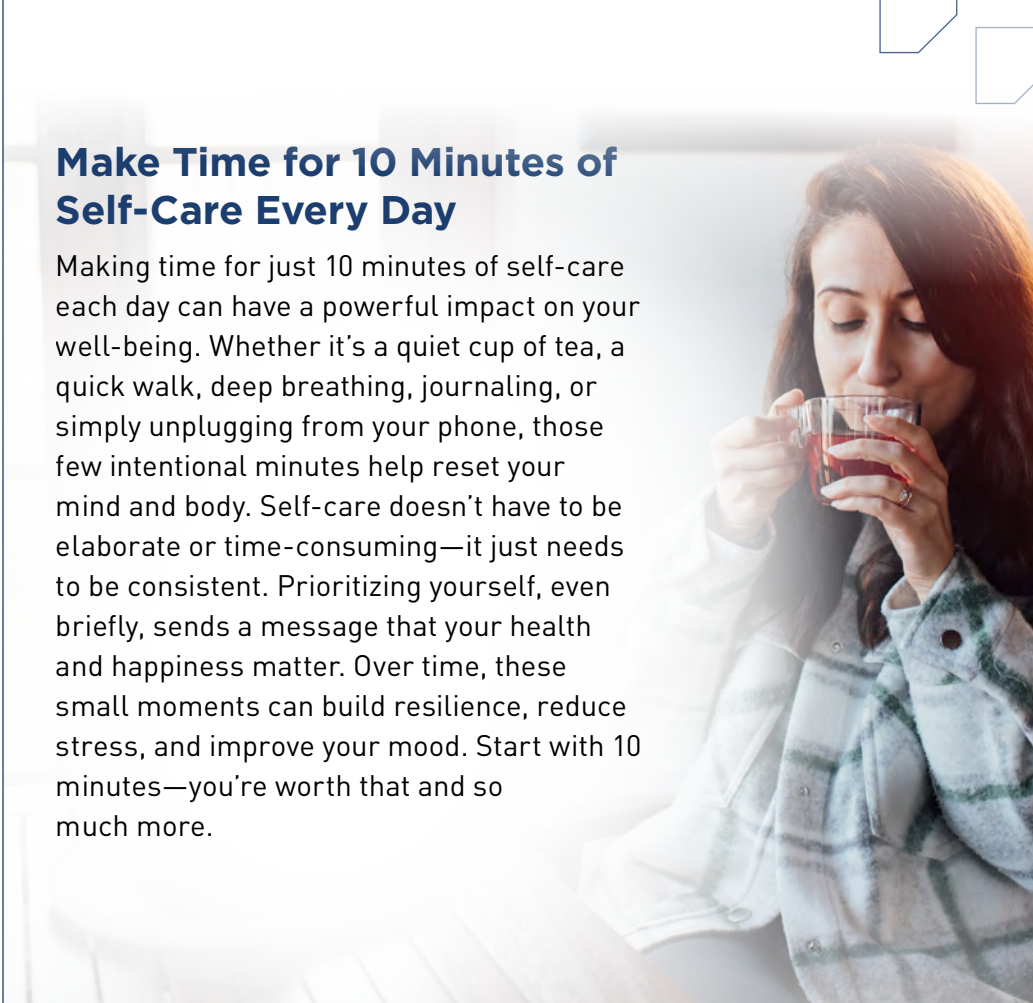
Ask the Expert: **Are fresh vegetables better than frozen or canned?**

Fresh vegetables are great, but frozen and canned can be just as nutritious—sometimes even more so! Frozen veggies are often picked and flash-frozen at peak ripeness, locking in nutrients. Canned vegetables are also preserved quickly, but they may contain added sodium or preservatives, so it's best to choose low-sodium or no-salt-added options. Fresh produce can lose nutrients during transport or storage. In short, all three are healthy choices—what matters most is eating a variety of vegetables in a way that fits your lifestyle and budget.



Make Time for 10 Minutes of Self-Care Every Day

Making time for just 10 minutes of self-care each day can have a powerful impact on your well-being. Whether it's a quiet cup of tea, a quick walk, deep breathing, journaling, or simply unplugging from your phone, those few intentional minutes help reset your mind and body. Self-care doesn't have to be elaborate or time-consuming—it just needs to be consistent. Prioritizing yourself, even briefly, sends a message that your health and happiness matter. Over time, these small moments can build resilience, reduce stress, and improve your mood. Start with 10 minutes—you're worth that and so much more.



Fad Diets

Fad diets often promise quick results but rarely support long-term health. They tend to eliminate entire food groups, rely on strict rules, or promote rapid weight loss, which can lead to nutrient deficiencies, low energy, and an unhealthy relationship with food. Wellness is about balance, sustainability, and nourishing your body—not deprivation or extremes. Instead of chasing trends, focus on whole foods, mindful eating, and habits you can maintain. True wellness supports physical, mental, and emotional health. A balanced, personalized approach to nutrition is far more effective—and far kinder to your body—than any fad diet.



Preventive Health

September is National Cholesterol Education Month

This month is a great opportunity to become familiar with what cholesterol is and how to keep it at a healthy level to prevent heart attack and stroke. Cholesterol is needed for the body to complete essential functions like building cells and making hormones.

There are two types of cholesterol that are transported through blood on proteins called lipoproteins. High-density lipoprotein (HDL), often referred to as "good" cholesterol, transports cholesterol to the liver so the liver can remove it from the body. HDL cholesterol can lower your risk of stroke and heart disease. Low-density lipoprotein (LDL), often referred to as "bad" cholesterol, can build up inside your blood vessels and develop plaque. Over time this build up can cause narrowing of the blood vessels, that can reduce blood flow which contributes to heart disease.

We can take steps to improve our cholesterol levels and make sure they stay in a healthy range:

- Know your family history
- Don't smoke tobacco
- Be active every day
- Make healthy food choices
- Get your cholesterol tested every five years
- Talk with your doctor

Cottage Cheese Chocolate Mousse Recipe

This high-protein cottage cheese chocolate mousse is a healthy, no-bake dessert made in minutes. Creamy, rich, and naturally sweetened!

Ingredients:

1 cup cottage cheese	Optional toppings:
½ cup unsweetened cocoa powder	whipped cream, shaved dark
3 tablespoons honey or maple syrup	chocolate, berries
1 teaspoon vanilla extract	
Pinch of salt	

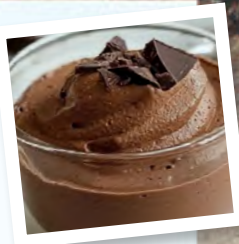
Instructions:

Blend cottage cheese until smooth.
Add cocoa, sweetener, vanilla, and salt. Blend again until creamy.
Chill for 30 minutes for best texture.
Serve in glasses with toppings.

Notes:

Full-fat cottage cheese gives the creamiest result.
Adjust sweetness to taste or use sugar-free alternatives.
For ultra-smooth mousse, sift the cocoa powder.
Chill before serving to thicken and set.
Can be made ahead and stored for up to 4 days.
Prep Time: 5 minutes
Chill Time: 30 minutes (optional for firmer mousse)
2 Servings

Nutrition Facts: Serving Size: 1 cup (½ of recipe) Calories: 210 Sugar: 10g Sodium: 320mg Fat: 7g Saturated Fat: 4g Unsaturated Fat: 3g Trans Fat: 0g Carbohydrates: 19g Fiber: 4g Protein: 16g Cholesterol: 15mg



Monthly Observances

Blood Cancer Awareness

Childhood Cancer Awareness

Healthy Aging

National Childhood Obesity Awareness

National Cholesterol Education

Ovarian Cancer Awareness

Prostate Cancer Awareness

Prostate Cancer Awareness

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