

Monthly Wellness Coordinator Update

Dakota Wellness Program



August 2025

Monthly Well-being Theme

How Volunteering Can Transform Your Life

Looking for more meaning, connection, or joy in your life? Volunteering might be the answer. Beyond the good it does for others, volunteering can ease stress, lift your mood, and reconnect you with a sense of purpose. It's a powerful way to meet new people, build confidence, and discover passions you didn't know you had. Whether you give an hour a week or a day each month, your time can spark real change—not just in your community, but in your own life. Dive into how volunteering can transform the way you feel, think, and live.

Member Wellness Webinar

2nd Tuesday of the month

August 12th 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 2025 webinars!

Announcements & Reminders

Sleep Challenge:

Registration opens in the wellness portal on Aug. 6.

The Challenge runs Aug. 20 to Sept. 16

Experience the many benefits of a good night's sleep with the Seize the Zzzz Sleep Challenge.

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 Central Time (CT) on the following dates and times: Chose the session that fits best into your schedule.

Inside this issue...

- Volunteering
- Wellness Webinar
- Reminders and Announcements
- Program Resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

Doing Good Better
by William Macaskill

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

Wellness Coordinator Webinar

4th Tuesday of the month:
August 26th at 10 a.m.

Register for the 2025 meetings!

Monthly Observances

National Breastfeeding Month
National Immunization
Awareness Month
August 1-7 World Breastfeeding
Week

- Tuesday, August 19 from 1 to 3 p.m.
- Wednesday, August 20 from 10 a.m. to 12 p.m.
- Tuesday, August 26 from 1 to 3 p.m.

[Click here to register](#)

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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Contact your wellness team

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