

Monthly Wellness Coordinator Update

Dakota Wellness Program



July 2023

Monthly Well-being Education Community and social well-being

In our pursuit of good health, we often focus on diet, exercise, and medical care, sometimes overlooking the essential role that community and social well-being play in our overall well-being. Numerous studies have highlighted the significant impact of strong social connections and a supportive community on our physical and mental health. We will explore how community and social well-being can contribute to our overall health and well-being.

Employee Well-being Training Monthly webinar July 11 at 10 a.m.

During this 15-minute LIVE webinar, join us for a discussion on how community and social well-being can contribute to our overall health and 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 now for the July 2023 webinar!

Wellness Challenges

May

Marathon in a Month Challenge

The challenge ended on May 31. 1,500 points were automatically awarded to those who completed the challenge by June 14.

Total participants: 2,085

July

Rethink Your Drink Challenge

Available beginning July 19

Access through the challenges section within the wellness portal

Wellness Coordinator Reminders and Announcements

Annual Wellness Coordinator Recharge Workshop: More information on dates/registration coming soon!

Employer-Based Wellness Program

Application review timeline

Applications reviewed

Notifications complete

Wellness Coordinator Support

Dedicated email and phone line for Wellness Coordinators (contact info below) monitored by Dakota Wellness Program team members to provide support, guidance, and training for coordinators. The objective is to provide first call answers with multiple staff dedicated to support the phone line and email address.

Inside this issue...

- Community and social well-being
- Wellness challenges
- Wellness coordinator announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

The Blue Zones: 9 Lessons for Living Longer from the People Who've Lived the Longest by Dan Buettner

[Download poster](#)

[Download flyer](#)

Monthly Wellness Coordinator Webinar

4th Tuesday of the month

The next webinar will be July 25

Register for the July 2023 meeting

Monthly Observances

- **Park and recreation**
- **UV Awareness**

Coordinator Wellness Program Resources Website and downloadable tools

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2023](#)

[Download the Certificate of Completion Voucher](#)

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Contact your wellness team

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