

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



June 2025

### Monthly Well-being Theme Cultivating Happiness

Happiness isn't found in external achievements like wealth or fame, as these provide only temporary joy. Research shows that humans quickly adapt to new circumstances, returning to a baseline happiness. Lasting happiness comes from an inner shift—changing our perspectives and attitudes. By focusing on gratitude, mindfulness, and meaningful relationships, we can cultivate lasting fulfillment. This inner transformation doesn't require drastic changes or material gains. The good news is that anyone can make this shift, creating a sustainable path to happiness by embracing a more positive outlook on life.

### Member Wellness Webinar

*2nd Tuesday of the month*

**June 10<sup>th</sup> 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

#### 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 CT on the following dates and times. Choose the session that best fits your schedule:

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

**Register for the 2025 Recharge Workshop here!**

#### Inside this issue...

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- Program Resources

**View past coordinator newsletters**

**View past coordinator webinars**

#### Monthly Book Club

***How to Be Happy (Or at Least Less Sad): A Creative Workbook***

*by Lee Crutchley*

**Download poster**  
**Download flyer**

#### Wellness Coordinator Webinar

*4<sup>th</sup> Tuesday of the month:*

June 24<sup>th</sup> at 10 a.m.

**Register for the 2025 meetings!**

#### Monthly Observances

Men's Health

National Migraine and Headache Awareness

PTSD Awareness

June 1 National Cancer Survivors Day

June 9-15 Men's Health Week

June 14 Family Health and Fitness Day

## Seize the Zzzz - Sleep Challenge

Registration opens on August 6 and  
the challenge runs August 20 – September 16.

## Coordinator Wellness Program Resources

Website and downloadable tools

## Dakota Wellness Website

## Dakota Wellness Program Guide

## Dakota Wellness Program Certificate of Completion

## Join us on Facebook

### Free well-being information

Follow Sanford Health Plan's Facebook page for access to our well-being information all in the convenience of your newsfeed.



## Contact your wellness team

**NDPERSwellness@sanfordhealth.org**

(800) 499-3416 (TTY: 711)