

Monthly Wellness Coordinator Update

Dakota Wellness Program



October 2025

Monthly Well-being Theme

Declutter, Downsize & Move Forward

Ready to feel lighter, clearer, and more at peace? Decluttering and downsizing are more than home projects—they're wellness practices that free your mind, lift your spirit, and help you focus on what truly matters. Letting go of excess can reduce stress, boost your energy, and create space for the life you want now. Whether you're moving, simplifying, or just starting fresh, this is your chance to move forward with intention. Start small, let go with grace, and step into a calmer, more meaningful way of living. Your next chapter deserves room to grow—begin today.

Member Wellness Webinar

2nd Tuesday of the month

October 14 at 10 a.m.

During this 15-min. 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

Stressless - Stress Challenge

In the wellness portal

Oct. 15: Registration opens

Oct. 29: Challenge begins

Nov. 25: Last day for 28-day challenge

Overview:

Feel the healing effect of taking “you” time during the Stressless Challenge.

The challenge: Take 5 min. or more each day to relieve stress.

- Meet the goal at least 21 out of 28 days
- Eligible for rewards by meeting at least 14 days
- Print & digital communication materials
 - Including de-stress tips and activity ideas

Coordinator Wellness Program Resources

Website and downloadable tools

Dakota Wellness Website

Inside this issue...

- Declutter, Downsize & move forward
- Wellness Webinar
- Reminders and Announcements
- Program Resources

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Monthly Book Club

Keep the memories, lose the stuff by Matt Paxton

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

Wellness Coordinator Webinar

4th Tuesday of the month:

October 28th at 10 a.m.

Register for the 2025 meetings!

Monthly Observances

Eye Injury Prevention Month

Health Literacy Month

Healthy Lung Month

National Breast Cancer Awareness Month

National Dental Hygiene Month

National Primary Care Week

October 5-11

National PA Week October 6-12

Dakota Wellness Program Guide

Dakota Wellness Program Certificate of Completion

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Contact your wellness team

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