

Monthly Wellness Coordinator Update

Dakota Wellness Program



September 2025

Monthly Well-being Theme

Live a Life of Purpose

Are you craving more meaning in your everyday life? Discover how a clear sense of purpose can unlock greater energy, resilience, and joy. Your purpose fuels holistic wellness—mentally, emotionally, and physically. When you align your actions with your values, it naturally reduces stress, and you feel more fulfilled. Whether you're seeking direction or just want to deepen your well-being, this is your invitation to reconnect with what truly matters. Take the first step toward a life of clarity, connection, and intention. Your purpose-driven path to wellness begins now.

Member Wellness Webinar

2nd Tuesday of the month

September 9th 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

Stressless - Stress Challenge

Oct. 29 through Nov. 25, 2025

Feel the healing effect of taking “you” time during the stressless challenge.

The challenge: Take 5 minutes 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 and digital communication materials.
 - Including de-stress tips and activity ideas.

Coordinator Wellness Program Resources

Website and downloadable tools

Dakota Wellness Website

Dakota Wellness Program Guide

Dakota Wellness Program Certificate of Completion

Inside this issue...

- Live a Life of Purpose
- Wellness Webinar
- Reminders and Announcements
- Program Resources

View past coordinator newsletters

View past coordinator webinars

Monthly Book Club

Imperfect Courage by Jessica Honegger

Download poster

Download flyer

Wellness Coordinator Webinar

4th Tuesday of the month:

September 23rd at 10 a.m.

Register for the 2025 meetings!

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

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)