

# Monthly Wellness Coordinator Update

May 2016

## 2016 Dakota Wellness Program

### Featured Wellness Activities

- Book Club: *How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise* by Martin Meadows
- Walk at Work Day—Thursday, May 19 at 11:30 a.m. Join us and First Lady Betsy Dalrymple at the state capital building in Bismarck, ND for a walk. Can't make it? Host your own 10 minute walking break for employees.

### Share with Your Colleagues

- Monthly newsletter
- Monthly well-being theme poster

View and download these items by clicking below:  
Sanford Health Plan Dakota Wellness Program webpage  
*Items will be available through May 31, 2016.*

### May National Health Observances

- Arthritis Awareness
- Global Health and Employee Fitness
- Skin Cancer Detection/Prevention
- Mental Health Awareness
- Asthma and Allergy Awareness
- Osteoporosis Awareness
- Stroke Awareness
- 8-14—Women's Health Week
- 27—Heat Safety Day

*Find a complete list of observances at [healthfinder.gov/NHO](http://healthfinder.gov/NHO)*

## Register for the Wellness Coordinator Recharge

If you could change one thing about your workplace to create a healthier environment for employees, what would it be? Creating a culture of wellness isn't easy, so Sanford Health Plan is here to help. This workshop will help you to reboot your organization's wellness program and recharge your role as a wellness coordinator. Register by emailing the wellness educator show below.

Location	Date	Time (CST)	Register by email
Dickinson Dickinson State University	Tuesday, June 7	8:30-11:30 a.m.	amy.nitschke@sanfordhealth.org
Williston Upper Missouri Valley Health Unit	Tuesday, June 7	2-5 p.m.	amy.nitschke@sanfordhealth.org
Bismarck North Dakota State Capital	Wednesday, June 8 Thursday, June 9 Wednesday, June 15	9 a.m.-noon 1-4 p.m. 2-5 p.m.	amy.nitschke@sanfordhealth.org
Minot Minot State University	Wednesday, June 8	2-5 p.m.	amy.nitschke@sanfordhealth.org
Grand Forks UND Wellness Center	Tuesday, June 14	1:30-4:30 p.m.	whitney.klindworth@sanfordhealth.org
Fargo Fargo Cass Public Health	Wednesday, June 15 Thursday, June 16	8-11 a.m. 2-5 p.m.	whitney.klindworth@sanfordhealth.org

## Mark Your Calendar

Register for the monthly webinars by clicking on the event

May 4 at noon CST - May Wellness Coordinator Monthly Webinar

June 1 at 1 p.m. CST- June Wellness Coordinator Monthly Webinar

July 6 at 11 a.m. CST- July Wellness Coordinator Monthly Webinar

Did you miss a past webinar? Click [HERE](#) to view past webinars

## Quick Links

Dakota Wellness Program at Sanford Health Plan Home Page

*To view past newsletter issues and webinars visit* [NDPERS Employer Based Wellness Program webpage](#)

## Contact Us

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