



November 2015

Monthly Health Topic: Gratitude

Featured Wellness Activities

- Record acts of gratitude
- Download the Holiday Spending Worksheet
- Book Club Selection – Thanks! How Practicing Gratitude Can Make You Happier by Robert Emmons, PhD
- Webinar – Financial Fitness
- App: Happify; www.happify.com

November National Observances

- American diabetes
- Lung cancer awareness
- Alzheimer's disease awareness
- National stomach cancer awareness
- *A complete list of observances can be viewed at www.healthfinder.gov.*

Redemption Center

- The points for programs offered from April 15-June 30 are being loaded into the Redemption Center. More information will be presented during the November Wellness Coordinator webinar.
- Points need to be redeemed by 11:59 p.m. on December 31, 2015. Point bank balances will reset to zero effective at 12:00 a.m. on January 1, 2016.

Mark Your Calendar

- November 4: [Wellness Coordinator Monthly Meeting](#)
- December 2: [Wellness Coordinator Monthly Meeting](#)

Share With Your Colleagues

- Newsletter
- Eblast Poster

Quick Links

[Sanford Health Plan | Dakota Wellness Program](#)
[Home Page for NDPERS - North Dakota Public Employees Retirement System](#)

Contact Us

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