

WELLNESS CARE PACKAGE

Programs are open to ALL EMPLOYEES unless otherwise noted

Physical: Gather your 5-person team for The Invitational (steps) Challenge! Compete against a new team each week for five weeks. [Watch this intro video for more details.](#)

REGISTER Monday, Sept. 14 through Sunday, Oct. 4
DHP Members only: Log in to your [member wellness portal](#) & click the Living Healthy tile.

The Challenge starts October 5th!

Financial: Before making a purchase, decide if it's a need or a want. Saving money can help you achieve long term financial wellness goals.

Nutritional: Fresh milk can be frozen up to 3-6 months. Pour milk into ice cube trays, transfer the frozen milk cubes into a zip lock bag and store in your freezer. Thaw at room temp and add to tea and coffee.

Emotional: Try Box Breathing. For a count of 4 for each: Slowly exhale, hold your lungs empty, inhale, hold the air in your lungs, and then exhale.



Personal/Professional: Adjusting to working from home? Are you struggling to turn off work? Check out the ["Going Home Checklist REAL Goal"](#) for help letting things go, looking at the positives, and overall reflect on your day.

[More REAL goals](#)



Social: Join our very first Book Club (virtually)!

"A Man Called Ove" by Fredrik Backman
Meet Ove. He has staunch principles, strict routines, and a short fuse. When a chatty young family moves in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale, all of which will change one cranky old man and a local community.

Wednesday, October 28:

[12:30pm Sign-up](#) OR [4:00pm Sign-up](#)

Participants are responsible for book purchase

Environmental: Research shows that people sleep better in a cool, dark room. Improve your sleep by [registering](#) for the 21-day Seize the Zzzz Challenge starting Sept. 7. *DHP Members only.*

Spiritual: Watch the 3 Good Things [webinar](#).

SEPTEMBER 2020

September is National Suicide Awareness month

Are you concerned that you or a loved one may be suffering from clinical depression? Join us **Tuesday, September 22 for a 12pm webinar** to learn more about one of the most common mental health conditions and what you can do for yourself or your loved one. [Register](#)



Freedom From Smoking

Join this **free** 7-week **online** 'quit tobacco' group on Tuesdays at 12pm, starting **October 6th**. Week 4 has an additional session on Thursday, October 29th (12pm) as a follow-up to Quit Day. All forms of tobacco use are welcome. Click [here](#) to register or for questions. [Learn more](#) about tobacco cessation program offerings.