

# WELLNESS CARE PACKAGE



The Stressless Challenge is a great way to find new ways to improve your stress resiliency. Spanning **21 days**, the event challenges you to spend 5 minutes a day on a relaxing or stress-reducing activity.

**REGISTRATION** opens Monday, October 19 and is open throughout the challenge. DHP Members only: Log in to your [member wellness portal](#) & click the Living Healthy tile.

**The Challenge starts Monday, November 2!**

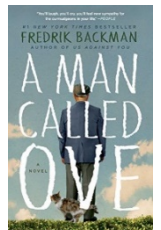


**OCTOBER  
BREAST  
CANCER  
AWARENESS  
MONTH**

Join us **Tuesday, October 27 for a 12pm webinar** to learn more about Breast Cancer Awareness. Jenny Gruber, APNP, will be reviewing modifiable/non-modifiable risk factors and screening recommendations for breast cancer. We will also discuss what to expect when having a mammogram and how to speak to loved ones regarding breast health. [Click to Register](#)

View our [video library](#) for more topics

Don't forget to join **Book Club** on **Wednesday, 10/28** for the [12:30pm](#) OR [4:00pm](#) discussion. Read "A Man Called Ove," a story about an angry old man next door is a thoughtful exploration of the profound impact one life has on countless others.



## **Walk with a Doc (Virtually!)**

Join Dr. Shah on a 10-minute walk on **Tuesday, October 20 at 12pm** for "Don't Put Your Health on Hold – the Importance of Preventive Health". There will be time after for questions. Join via [Zoom](#) or call 312-626-6799 (meeting ID: 936 1000 5832) from your mobile device. No registration required; throw on your shoes and head out the door!



## **Wellness Tips**



Try the snow ball method to pay off debt. Work on paying off your lowest balance, and once done, apply that payment amount to your next lowest debt and so on.



Learn about Mindless Eating & Mindful Eating and set a [REAL goal](#) to be more mindful with your meals. Learn [more!](#)

Social media can be great to stay connected to others but be mindful of your mood before and after spending time on any particular site. If something leaves you feeling negative or down, try to find a new outlet for connection and entertainment. And take a look at how much time you're spending; you may have more time in your day than you think!



**Programs are open to ALL EMPLOYEES unless otherwise noted**

To learn more, visit [deancare.com/livinghealthy](https://deancare.com/livinghealthy)

**OCTOBER 2020**