

# WELLNESS CARE PACKAGE

## October 2023

DeanHealthPlan  
by Medica.

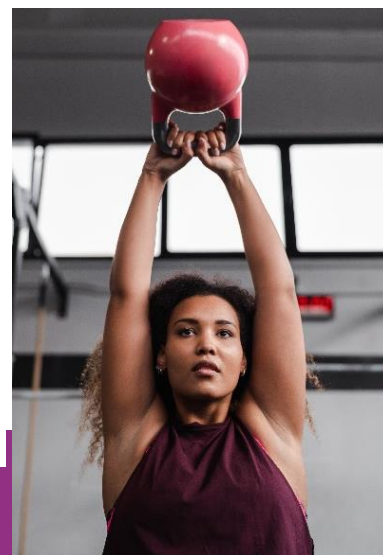
*Programs are open to all, regardless of insurance, unless otherwise noted\**

### Make Your Move WebMD Challenge\*

Monday, Oct. 9 – Sunday, Oct. 29

Physical activity is important for your overall health and well-being, but finding time in your busy day can be hard. Studies show that any amount of activity is better than none, so find what works for you—run, walk, bike, swim, dance, play, or do chores.

The Make Your Move WebMD Challenge\* will help you move more and build a fitness routine by tracking your minutes of activity. [Sign up in your member portal\\*](#) (click the Living Healthy tile). Registration is open throughout the challenge.



### Keep Your Eye on Vision Health

Tuesday, Oct. 10 | Noon

Keep your vision strong with regular eye exams. Eye exams are the best way to detect eye problems early like glaucoma, cataracts, and macular degeneration. [In this Move with a Doc](#), Dr. Roopa Shah will discuss eye health, common eye diseases, and things you can do to care for your eyes and prevent problems.

### Healthy Holiday Eating

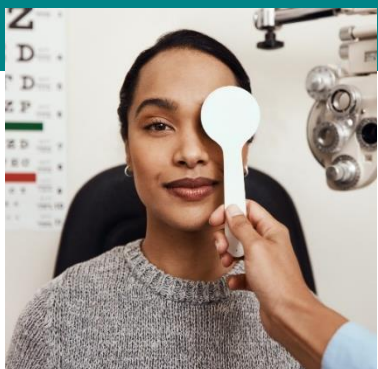
Wednesday, Oct. 18 | Noon

Are your holidays filled with family, friends, and lots of food—food that doesn't always fit into a healthy lifestyle? [In this webinar](#), you'll find out how to eat healthy during the holidays. We'll talk about healthy portion sizes, holiday-proof planning, and tips and tricks for making healthy choices.

### Plarn – Plastic Yarn Projects

Thursday, Oct. 26 | Noon

Transform your “bag of bags”—your plastic shopping bag full of more plastic shopping bags—into plarn. Plarn is plastic yarn that can be used to crochet plastic mats, blankets, bags, baskets and more for practical daily uses or for donating to local organizations. [In this Learning Loft](#), you will learn how to make plarn, start your project, and finish (tie off) your project, to keep it from unraveling.



### More October Wellness

Preventive Health Toolkits

- Breast Cancer Awareness Month
- National Dental Hygiene Month

[Find guidance, tips, and resources](#) in these toolkits.

Events

- 10/3 – 10/31 | [Stress Management Workshop](#)
- 10/24 – 12/5 | [Freedom From Smoking](#)

Explore more at [deancare.com/wellness](https://deancare.com/wellness)