



## Rethink You Drink WebMD Challenge\*

Monday, June 3 – Sunday, June 23

Drinking water is good for you and important for your health, yet do you find it hard to reach for six to eight glasses of water every day?

For 21 days, we challenge you to replace sugary beverages with water, improving your wellness along the way. We'll help you start the habit of drinking more water and enjoying all the benefits that it offers with small, easy hydration tips.

Sign up in your [member portal](#)\* (Living Healthy tile). Registration is open throughout the challenge. **Need help?** [Request 1:1 Living Healthy Help](#)

\*Open to Dean Health Plan by Medica members only, excluding Individual and Family plans.

## Today's Health Trends

Tuesday, June 11 at noon

Social media is filled with the latest trends, fad diets, and quick health fixes. To protect your health, it's important to be mindful of where you get your information.

[Join Move with a Doc](#) as Dr. Roopa Shah uncovers key takeaways from today's health trends. She'll talk about cooking and eating more naturally, taking or avoiding supplements, and whether spices can improve more than just the flavor of food.



## Parenting Unscripted

Thursday, June 20 at noon

Parenting can be tough, and it doesn't come with a manual. Sometimes, sharing with other parents is the best handbook out there for raising kids.

[Join us for an open forum-style Learning Loft](#) (part 1 of 2) to share your experiences, struggles, and strategies and discuss parenting. We can't guarantee we'll have all the answers, but we do promise to listen without judgment.

## Stress Management

Tuesdays, July 9 – Aug. 13 at noon

[Join us for this six-week workshop](#) and learn how to reduce the stress of everyday life. We'll introduce you to mindfulness techniques to use as a foundation.

Weekly topics include

- examining stress
- beginning mindfulness
- honoring intentions
- self-care
- sleep
- worrying less



## Upcoming Events

7/8-7/28: [Seize the ZZZs WebMD Challenge](#)\*

7/9: [Move with a Doc: Hosting a Healthy Brain](#)

7/18: [Book Club: The Cellist of Sarajevo by Steven Galloway](#)



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