

# WELLNESS CARE PACKAGE

## September 2023

DeanHealthPlan  
by Medica.

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

### How to Have Difficult Conversations with Kids

Wednesday, Sept. 13 | 12 p.m.

Your goal as a parent is to protect your child. So, if you struggle talking to your child about tough topics, you're not alone. Your instinct may be to shield your child from what's going on, but they still tend to pick up on what you're feeling. Being first to approach the subject lets your child know that you're available and supportive. And when you tackle difficult conversation in an age-appropriate way, you help your child feel safer and more secure.

[Learn how to navigate difficult topics with your child](#) in our parenting workshop. We'll give ideas and helpful tips for discussing challenging subjects at any age.



### National Childhood Obesity Awareness Month

September is all about promoting healthy growth and preventing obesity in children. Learn contributing factors, prevention tips, and physical activity recommendations with our [Childhood Obesity Toolkit](#).



### Get Financially Fit

Monday, Sept. 11 – Sunday, Oct. 1

Financial wellness plays a role in your overall well-being; but focusing on your finances can feel overwhelming. Make it more manageable by breaking things down into simple, daily tasks with the **Money Matters Challenge\***.

Complete at least [one financial activity](#) each day to help you get organized and on track to meet your financial wellness goals.

[Register in your member portal\\*](#) (click Living Healthy). Registration is open throughout the challenge.

### Reducing Stress of Everyday Life

Tuesdays, Oct. 3 – 31 | 4 p.m.

Stress is your body's normal reaction to life's demands, and while a small amount of stress can be good, too much can upset your health and well-being. It can affect your mood, weight, sleep, body, and relationships. That is why managing the stress in your life is so important!

Stress management supplies tools and techniques to control and reduce stress so you can find calm and balance in your life. This stress management workshop gives you a mindfulness approach to reducing the stress of everyday life.

[Sign up for this five-week workshop series](#) and learn about mindfulness, intention, alcohol intake, adequate sleep, and how to worry less and just be.

### Upcoming Events:

9/12-10/24 – [Freedom from Smoking](#)

9/12 – [Move with a Doc: Women's Health](#)

9/20 – [Webinar: Finding Joy](#)

9/28 – [Book Club: Say Goodbye for Now](#)

And [check out Made from Scratch](#), our monthly nutrition newsletter with tips + recipes for healthier eating. This month's topic is vegetarian dishes.

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