

# WELLNESS CARE PACKAGE

## June 2023

DeanHealthPlan  
by Medica.

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

### New Stress Management Workshop

Wed., June 14 – July 19

Stress is a normal reaction to life's demands, and while a small amount of stress can be good, too much can affect your health and well-being. It can affect your mood, weight, sleep, body (head, muscles, and stomach), 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. Our new, five-week stress management workshop provides a mindfulness approach to reducing the stress of everyday life.

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



### Rethink Your Drink WebMD Challenge\*

Mon., June 5 – Sun., June 25

With water, the glass is always at least half full; it keeps you hydrated, aids digestion, makes you feel fuller, flushes out toxins, and may even boost your energy levels. Plus, it has zero sugar, sodium, cholesterol, and fat. But I'll bet you already knew that! So, drink more water and enjoy all the benefits it offers with the Rethink Your Drink Challenge\*.

Challenge yourself to replace soda, juice, and other beverages with water. Drink six glasses of water a day for 21 days and track your progress. Sign up in your [member portal](#)\* (click the Living Healthy tile). Registration is open throughout the challenge.

Plus, members earn [Living Healthy Rewards](#)\* points for participating in challenges!

For login help, [sign up for 1:1 assistance](#).



### Dishin' it with Jenni

Thurs., June 22 at noon

The dinner struggle is real. It can be a chore to plan meals and find time to cook. But you can reduce your stress and save time by taking away some decision-making around your meals.

[Join Jenni](#), a registered dietician, for meal inspiration and planning tips. Jenni will teach you how to turn a few ingredients into three separate meals (sheet pan dinner, freezer meal, and repurposed leftovers), all while sharing her food and nutrition expertise.

### Upcoming programs

6/7	<a href="#">Workshop: Navigating Your Child's First Online Device</a>
6/13	<a href="#">Move with a Doc: Travel Health</a>
6/21	<a href="#">Webinar: Savor the Good Things in Life</a>

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