

WELLNESS CARE PACKAGE

June 2021



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

Money Matters: Get Financially Fit*

Brenda's gas tank is on E, the dog food is almost gone, she's having spaghetti for dinner again and the washer just broke. Forget about saving. She'll just have to "charge it" and catch up next month, but will she? When will it end?

Does her story sound familiar? Financial wellness is not just about saving for retirement; it's being comfortable with your monthly spending amount, having funds for an emergency, and saving for fun stuff but also the long run, and so much more.

Join this **NEW** Living Healthy challenge, **Money Matters: Get Financially Fit***, to work on the area(s) of finances specific to your situation. Complete one small financial activity each day to get on track to meet your financial wellness goals. The challenge runs **Monday, June 7 – Sunday, June 27.**

Log in to your [member account](#)* and click Living Healthy



UPCOMING
EVENTS

Check out the **NEW** Events Calendar to find an upcoming program. Wellness Webinars, Book Clubs, Move with a Docs, Learning Lofts, Tobacco groups, and so much more! All free and most are open to all regardless of insurance.

[See the listing!](#)



June is **Men's** Health Month

From young men going through puberty to seniors who face completely different challenges, SSM Health is there for you all along the way.

[Explore information for your specific life-stage.](#)

Small habits made over time creates behavior change. This month try to **savor your food.**



Miss a **Move with a Doc?**

Find past sessions anytime on the [webinar video library](#). Select a topic of interest and listen while being active.



And check out the Guided Exercises you can do in four or six minutes in the *Physical* section.

For more information, email dhp.health@deancare.com or visit deancare.com/wellness