

WELLNESS CARE PACKAGE

June 2022

 **Dean** Health Plan.
A member of SSM Health

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

Are You Keeping Your Brain Healthy?

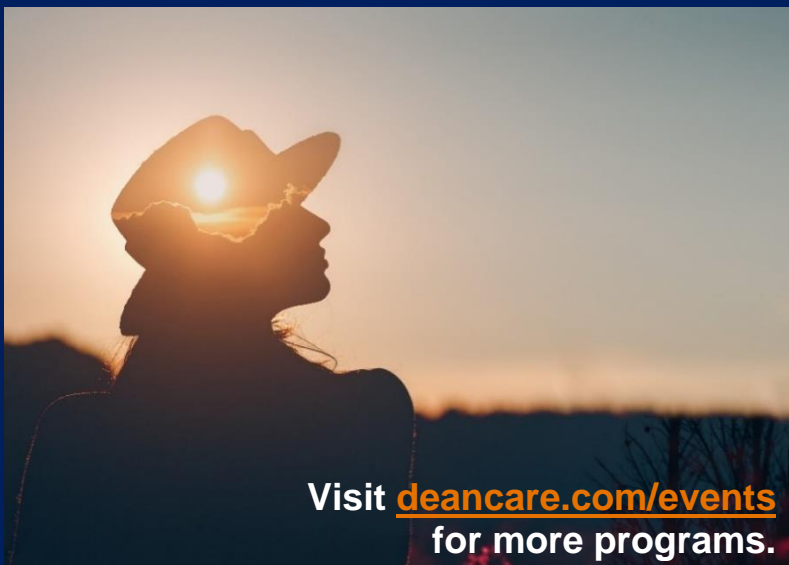
June is Alzheimer's and Brain Awareness month. Take this opportunity to get your body moving while learning more about Alzheimer's during Move with a Doc. Dr. Shah will discuss what you can do to prevent Alzheimer's disease, how to handle it and how to slow its progression.

Tues., June 14 at Noon
[Register](#)

Visit our [video library](#) to browse and view past sessions—just search *Move with a Doc*.

Also, learn strategies for Finding your Purpose in this month's [wellness webinar](#).

Wed., June 15 at Noon



Visit deancare.com/events
for more programs.

WebMD Community*



Community is a new component within Living Healthy*, powered by WebMD, that helps foster social connection, support, and accountability.

Join groups based on your interests and goals (e.g., social connectedness, exercise, sleep).

Once in a group, create posts and comment on others.

To access Living Healthy*, log in to your [member portal](#) and click the Living Healthy tile.

Need assistance?

[Sign-up for 1:1 virtual help.](#)

Crafts for Kids



Using just a few supplies, learn how to make two different crafts for kids: homemade playdough and a calming glitter jar.

This is a family-friendly event. We welcome you to join with your kids or watch it with them later! No kids? These products are great for adults too—especially fidgeters!

Tues., June 28 at Noon
[Register](#)

HYDRATE THIS SUMMER

Join the Rethink Your Drink* challenge to help you drink more water this summer. For 21 days, you will be challenged to replace your sugary beverages with water, improving your wellness along the way. Small, easy hydration tips will help start the habit of drinking more water and enjoying all the benefits that water offers.

The challenge runs June 6 through June 26.

Register starting May 23 in your [member portal](#)*

Just click the Living Healthy tile.



Interested in something else? [Explore all Health & Wellness programs.](#)