

JULY 2024

Wellness Care Package



Seize the Zzzz Challenge*

Monday, July 8 – Sunday, July 28



Sleep adds up to about one-third of your life and affects all areas of your health. Good sleep supports good health, and how well you sleep is just as important as how long you sleep. Lack of sleep or poor sleep can lead to memory problems, depression, a weaker immune system, occupation risks, and risk for certain chronic diseases.

If you're one of many who have trouble sleeping, you're not alone. Make your Zs count with this 21-day challenge*. Track your sleep to help you find things that may be hurting or helping your sleep routine. We'll also send tips and advice to help you stay on track.

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 Medica Central Health Plan members only, excluding SSM Health Employees and Individual and Family plans.

Stress management

Tuesdays, July 9 – Aug. 13 at noon

[Join us for this six-week workshop](#) for a mindfulness approach to reducing the stress of everyday life. We'll introduce and apply techniques to use as a foundation. Attend only the topics of interest: stress, mindfulness, intentions, self-care, sleep, and worrying less.

Upcoming events

8/5-8/25: [Tri-Fitness WebMD Challenge*](#)

8/13: [Move with a Doc: Back to School, Back to Colds](#)

8/15: [Learning Loft: Parenting Unscripted \(2 of 2\)](#)



Explore more at Central.Medica.com/Wellness

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

Hosting a healthy brain

Tuesday, July 9 at noon

Your brain and your gut pass more information between each other than any other body system. If you've ever had "butterflies in your stomach" or a "gut-wrenching feeling", you've felt this communication. The connection is complex and the health of one can affect the other.

[Join Move with a Doc](#) as Dr. Roopa Shah dives more into this gut-brain connection. She'll talk about its function and everything it affects, like how sleep impacts your mind, and when a headache might be more than just an ache.



The Cellist of Sarajevo

by Steven Galloway

Thursday, July 18 at noon

[Join this month's book club discussion](#) with a novel about war, the endurance of the human spirit, and the subtle ways individuals reclaim their humanity.

Set during the 1990s Siege of Sarajevo, this book tells the story of four people trying to survive in a city full of fear and desperate times. The characters show how the human heart responds differently to the pressures of war. Some fight back, some retreat further inside themselves, and some try to salvage something beautiful from the wreckage.