

Working on Wellness

Monthly wellness from



WORKWELL GRANT

Creating a Welcoming & Functional Space for Lactating Employees and Staff Wellbeing
Coteau des Prairies Healthcare System – Sisseton, SD
Timeline: 2024–2025 and Beyond

Need:

Staff requested a private, supportive space for milk expression. CDP Health also aimed to offer a calming “flex space” for all employees.

Challenge:

No dedicated lactation room; shared fridge uses, and inadequate previous space prompted action.

Solution:

Formed a committee to create a multi-purpose room.

Steps: Staff input → Brainstorm → Order → Set up

Support: Healthy SD Breastfeeding-Friendly Program

Goals & Results:

- **Goal:** Private lactation space + flexible relaxation area
- **Result:** Comfortable, dual-use room with strong staff approval

Feedback:

“Comfortable and supportive.”

“Grateful for the privacy and fan — a sink would help!”

Additional Wins:

Improved focus on staff wellbeing and work-life balance

Next Steps:

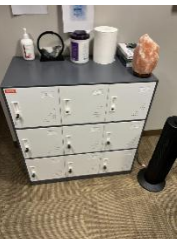
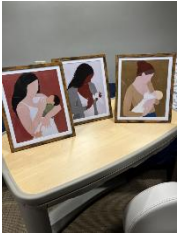
- Keep space clean and accessible
- Explore adding a sink

Tips:

- Communicate with staff
- Share the workload
- Use available resources

Key Takeaway:

Teamwork and staff input drive lasting improvements.



August Move Well



Overhead Press with Rotation
 Hold dumbbells (or weighted objects) at chin level, palms facing you. Press overhead while rotating palms to face forward at the top. Lower back to chin level, rotating palms to face you again. Repeat slowly and with control.

— WORKWELL — WEBINAR— — SERIES —

Wednesday, August 13th at 11 am CST

PRESENTED BY



Amy Gould,

Wellmark Blue Cross Blue Shield
 Employee Well-Being Consultant

GENERATIONS, THEIR HEALTH AND THE WORKPLACE

WORKWELL WEBINAR SERIES



August Eat Well

Fish Tacos with Guacamole
 Perfect Bite Fruit Salad

