

Working on Wellness

Monthly wellness from
WORKWELL LIVING HEALTHY WORKS.



Breaking Up with Your Digital Habits

You don't have to completely disconnect from devices to reduce digital distractions. Start small by cutting back gradually instead of all at once. Set aside 10–20 minutes each day for screen-free time, such as before breakfast or before bed, and keep it consistent. Replace screen time with meaningful activities like walking, journaling, reading, cooking, or trying something creative.

— WORKWELL —
— WEBINAR —
— SERIES —

Wednesday, June 3rd at 11 am CST

PRESENTED BY

ALZHEIMER'S ASSOCIATION
South Dakota Chapter

Michelle Kutner,
State Program Director
Alzheimer's Association
South Dakota Chapter

BUILDING BRAIN HEALTHY HABITS VIRTUAL EDUCATION PROGRAM

WORKWELL WEBINAR SERIES

- June 2**
- June 9**
- June 16**
- June 23**

SDSU
EXTENSION
GARDEN HOUR

Shade, Clothing, and Sunscreen

Skin cancer is the most common and one of the most preventable cancers in the U.S. Dermatologists share how to use shade, protective clothing, and sunscreen to help lower your risk. In the continental United States, UV rays are typically strongest from 10 a.m. to 4 p.m. during daylight saving time and from 9 a.m. to 3 p.m. during standard time. Practicing sun safety, what to wear for protection, and sunscreen FAQs are just a few helpful resources to explore [HERE](#).



June is Alzheimer's & Brain Awareness Month



Support Your Brain at Every Age

Caring for your brain is important at every stage of life. Learning about brain health and recognizing early memory concerns can help you or someone you care about take proactive steps. Research suggests that healthy lifestyle choices such as staying active, getting quality sleep, and practicing overall wellness habits may help protect cognitive function over time. Small, consistent changes can make a difference, so consider adding brain-healthy habits into your daily routine and encouraging others to do the same.

START NOW