

# Working on Wellness



**— WORKWELL —  
— WEBINAR —  
— SERIES —**

**Wednesday, October 8th at 11 am CST**

**PRESENTED BY** **palecek**  
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**GEN Z IN THE WORKPLACE**

**WORKWELL WEBINAR SERIES**



## October Eat Well

### Apples for Fall

Fall is the perfect season to enjoy crisp, fresh apples. They're high in fiber to support digestion and packed with vitamin C to boost immunity. Visiting a local orchard is a fun way to get outside, stay active, and enjoy nutritious, seasonal fruit. Check out these 25 Best Apple Recipes (healthy).



## October-Breast Cancer Awareness

### Reduce Breast Cancer Risk By:

- Maintaining a healthy weight
- Being physically active
- Limiting alcohol use
- Asking your doctor about possible risks of hormone therapy and oral birth control
- Breastfeeding your children when possible
- Talking to your doctor about your family history and possible genetic risks

Learn More by Visiting [South Dakota Department of Health All Women Count Program!](#)

## WorkWell Funding Opportunity

The **WorkWell Funding Opportunity** has successfully wrapped up the first quarter of the 2025–2026 grant year. Participating worksites are implementing a variety of interventions designed to help employees reduce, manage, and prevent chronic disease.

Here are a few highlights they shared:

- “Ergonomic desk chairs and keyboard/mouse sets were added to improve posture, comfort, and reduce strain, while a walking pad and desk bike pedal exerciser were introduced to encourage movement and light physical activity during the workday.”
- “We partnered with Well365 for a Sustainable Habits presentation focused on boosting health, energy, and performance through simple lifestyle changes. Following this, we launched a four-week wellness challenge where teams tracked nutrition, sleep, hydration, and movement, with top performers earning weekly and final incentives.”
- “Lighting in the stairwell was upgraded to improve safety and encourage use, umbrellas were made available for staff on rainy days, and storage solutions were added to keep winter supplies organized and entryways clear. In July, we also hosted the monthly webinar in person and offered healthy snacks.”
- “With WorkWell funding, the district purchased a new AED, now centrally located in the school building for quick access during emergencies. Additionally, all certified staff completed CPR training as part of our back-to-school professional development.”