

Working on Wellness



Suicide Prevention Month Together We Can Save Lives in SD

988

SUICIDE & CRISIS
LIFELINE



Get Help • Learn Warning the Signs • Stay Prepared

Back to School Health Tips

Backpack? ✓

Ten different colored folders with pockets? ✓

Your child needs more than school supplies to be ready for the new school year. Here are a few reminders to make the back-to-school transition smoother!

1. Health Screenings
2. Boosters and Vaccines
3. Fueling up for School
4. Don't Sleep on Sleep
5. Don't Forget Mental Health



September Move Well

Looking for a fun fall activity?
Check out the sample below and rally a
team at your workplace to get moving!

ONE MILE-ONE SMILE



Join your coworkers for a refreshing one mile walk this September! It's the perfect way to enjoy the crisp fall air, take a break from the workday, and connect with your team. Whether you're in it for the movement, the conversation, or just a change of pace, this short stroll offers a fun, energizing way to step into the season together. Lace up your sneakers and let's walk!

1. PICK A DATE & TIME IN SEPTEMBER
2. BRING WALKING SHOES
3. BRING A WATER BOTTLE
4. WALK A MILE WITH YOUR COWORKERS
5. TAKE A TEAM PICTURE



September Eat Well

Grilling Season Isn't Over — Use September's Fresh Picks!

Don't put the grill away yet! September produce like corn, peppers, zucchini, tomatoes, and peaches are perfect for late season grilling.

Toss veggies in olive oil, skewer them, or grill peach halves for a sweet treat. Fresh, simple, and full of flavor — enjoy the season while it lasts!



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