

Working on Wellness

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

Colorectal cancer is the second leading cause of cancer death in the United States among men and women combined, yet it's one of the most preventable. The business community has an important role to play in promoting colorectal cancer screening and much to gain through saving on health care costs and promoting a healthy workforce. [Click here](#) to learn more about what businesses can do.

Joan Lunden encourages adults ages 50 and over to talk to their doctor to determine the right screening test for colorectal cancer in [this short video](#).

For more information, visit getscreened.sd.gov.

Here it from an employee: "Dakota Provisions has been very fortunate to partner with Avera Health Plans involving the use of colon cancer FIT testing for several years. Allowing our employees to take the kit home and perform this procedure has given many of our employees peace of mind. My wife's family has a history of colon cancer, which makes this partnership even more important to me personally. This is just one more way that supports why our relationship with Avera is so important to all our employees."

Since 2016, 91 kits have been given out and 51 processed by the Avera McKennan lab for results — a 55% return rate!



WORKWELL Partnership Summit

Low Stress & Great Success:
What if work-life balance isn't the problem?

SAVE THE DATE!

THURSDAY, OCT 4, 2018
MITCHELL, SD
HIGHLAND CONFERENCE CENTER
REGISTRATION: 8:30-9:00 SUMMIT: 9:00-3:00

Keynote speaker, Eliz Greene, is ridiculously excited about stress. It's her favorite topic to speak about, write about, or discuss in line at the grocery store.

Surviving a heart attack at age 35 while seven months pregnant with twins propelled Eliz on a mission to share her story to inspire other busy people to pay attention to their health. She knew she'd been given a second chance at life and a unique perspective for a reason—to show others how to manage stress, find contentment, and lead them on the path to lower stress and great success.

This summit will provide the following education:

- What's missing in your wellness program.
- Interactive sessions using examples from worksites to demonstrate common workplace stressors and best-practice solutions at the organizational, managerial, and individual levels.
- Discuss common workplace policies and programs.
- View showcased worksites' environmental and policy changes.

Who should attend:

- Human resource professionals
- Occupational nurses
- Members of a worksite health promotion committee
- Medical directors
- Health benefits managers
- Health promotion coordinators
- Health education staff
- Building facilities managers



Eliz Greene

\$30 DON'T MISS THIS ONE-DAY EVENT!
For more information about the summit please contact Enid at eweiss@midconetwork.com