WORKSITE SPOTLIGHT

“I have been able to use the facility to manage health concerns. What a Blessing!”

Rapid City SDSU Extension, who is passionate about wellness, was one of WorkWell’s 2019 grant recipients. This funding opportunity inspired SDSU’s West River staff to create a space to be well at work and reduce sedentary time. The space offers small equipment for employees to work-out on breaks, during their lunch hour and other times. This project was developed and implemented to address these factors:
1) Exercise with a coworker—hold each other accountable
2) Reduce health care costs and chronic disease
3) Promote social connections and healthy relationships
4) Increase productivity
5) Reduce stress

WorkWell Webinar

Emotional Well-being: Coping with the Unknown

In this webinar you will learn ways in which you can help you and your employees in handling the unknown. Identify your stress, cope with stress and best manage it during the pandemic. You will learn how you can best show support to others including your own family members.

Tuesday, May 5, 2020 12:30 PM Central Time

Join Zoom Meeting: https://zoom.us/j/760108777
One Tap Mobile: 1-669-900-6833 ID: 760 108 777

COVID-19

COVID-19 is affecting the lives of individuals and families in different ways. The Healthy South Dakota Team is dedicated to providing information and resources to help you and your family eat healthy, stay active, and keep your overall health and wellness in balance, no matter the circumstances.

Healthy Eating
- Tips for Ordering Take-Out or Delivery
- Getting Groceries During Quarantine
- Your Children Helping in the Kitchen

Physical Activity
- Parks and Open Spaces
- Walking

个工作机会列在Good & Healthy SD Model Policies上，这些政策已发展成为一个资源，用于为工作场所实施。我们鼓励您的工作场所采用这些政策。

WORKWELL Grants

The South Dakota Department of Health awarded the 2020-2021 WorkWell Grants. Since 2013, WorkWell has now awarded and provided technical assistance to 113 grantees state wide. We encourage worksites to look for up-coming grant opportunities that are listed on the Good & Healthy SD Model Policies have been developed as a resource for worksites to implement. We encourage your worksite to adopt these policies.

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