

WORKING ON WELLNESS

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

FEATURED RECIPE:

BIRD NEST BREAKFAST

Serves 1:

INGREDIENTS:

- 1 frozen sausage patty
- 1/8—1/4c. frozen shredded hashbrowns
- 1 egg
- Salt and pepper to taste
- Shredded cheese (optional)

DIRECTIONS:

1. Take 12 -inch aluminum foil, spray with cooking spray.
2. Put 1 frozen sausage patty down.
3. Add frozen shredded hash browns on top, making a net in the middle.
4. Add 1 egg yolk to center of hash browns and season with salt and pepper.
5. Twist foil up around your bird nest mix, so it looks like a Hershey's kiss.
6. Place on grates of fire pit or on a heated grill.
7. Cook until egg is done to your liking.
8. Remove from grill, open, add shredded cheese, if desired, and enjoy!



GOOD & HEALTHY SOUTH DAKOTA WORKPLACES

WorkWell Webinar

Title: How Employers Can Help Curb the Addiction Crisis

Session Description:

Almost 20 million Americans suffer from addiction, and 75 percent of those impacted go to work, driving tremendous costs and risks for employers. At the same time,

employers are increasingly challenged with hiring and maintaining a qualified and productive workforce. These demands, plus a growing emphasis on mental health and wellness in the workplace, offer a new way of thinking about the employer's role in addressing this disease. Learn about the costs of addiction for employers, signs and symptoms of a problem, and proven strategies and tools to cultivate a healthier workforce and a stronger bottom line.

Time: Tuesday, Jul 9, 2019 12:30 PM Central Time

Join Zoom Meeting

<https://zoom.us/j/892976979>



Camping is a fun way to get family and friends together to enjoy the outdoors. Always prepare for the unexpected. Before you leave, check the weather report, learn about security at your camp location, and tell family and friends your plans. Know what to do when toilets are not available. Be sure to bring along a supply kit that includes a first-aid kit, compass or GPS, map, flashlight, blankets, batteries, food, water, clothes, and medications. Know who to contact at the camp to report issues that may come up. When you return home, check for ticks, skin rashes or sunburn, dehydration, and other problems. Visit <https://www.cdc.gov/family/camping/index.htm> for tips to help ensure your camping trip is safe and healthy.

THINGS TO DO

South Dakota is ALL about the outdoors! While camping in the parks, you can find many fun filled group activities for you and your family to enjoy. Remember, any activity counts! Adult physical activity guidelines are **Aerobic Activity** 150 minutes per week and **Muscle Strengthening** 2+ times per week. Visit [South Dakota Department of Game, Fish And Parks](#) for all your summer activities! Here are just a few!

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