JUNE
Practice Summer Safety

Summer is a busy season where we often forget to take extra precaution when enjoying it. Visit the National Safety Council for 9 Summer Safety Tips for you and your family.

WORKWELL GRANT

Worksites throughout South Dakota continue to send a positive message and promote healthy lifestyles by preventing, reducing, and managing chronic disease through workplace environment and/or policy change.

Start simple with MyPlate

What’s on Your Plate?

Take the quiz
Build healthy eating habits one goal at a time this summer. You can download the Start Simple with MyPlate app.