

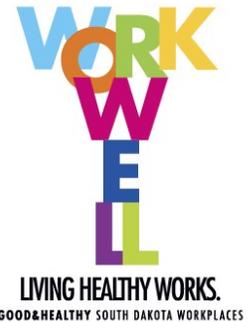
# Working on Wellness

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

The **South Dakota Department of Health WorkWell Program** wrapped up the 2020-2021 WorkWell grant year with many great accomplishments.

Highlighting three of the grantees, **Pennington County**, **Midwestern Mechanical** and **Dakotabilities** you can read below to learn what each of these worksites have to say about keeping wellness a priority for all employees!

For future worksite funding opportunities visit [Good&HealthySD](https://www.goodandhealthysd.com).



## Pennington County



*"The fitness room is helping me achieve my fitness goal of being able to pass my fitness evaluation for the PCSO. I know there are other means of being able to work out, but after working 12 shifts or any shift work it is hard at times to get motivated to go to an outside gym. With the fitness room at JSC, it allows you to come to work a little early, stay a little late to workout, shower and then get ready for work or go home."*

## Midwestern Mechanical



## Dakotabilities



*"It was exciting to see the survey results show that employees were less sedentary due to the raised desk. Employee survey results: "At work I am mostly sedentary" decreased by 27% from 1 year ago. Although our goal was to decrease this by 50%, I am happy that we have made some progress and will continue to encourage standing throughout the day."*

*"At Midwestern Mechanical we believe in the importance of wellness and encourage our employees to live a healthy lifestyle, however we know that even with a healthy lifestyle, emergency situations can still happen. What we wanted to address by having an AED onsite is having our employees be comfortable in an emergency and having the help available in the event if it was needed."*

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## Keep the Momentum Going!

Is your worksite committee looking for new tips, ideas and activities to freshen up your wellness program? Keep a successful wellness program with these [121 tips, ideas and activities](#). Try new ideas and see what your employee's value most.



# WELLRIGHT

## How to Lead with Intention and Influence

What makes you a leader? Leadership is defined as having the ability to positively influence others. How you lead your life, your health, your teams, your community, your family—it's all part of your ability to be a role model and lead others.

Influential leaders and role models inspire excellence in everyone around them. Practice intentional habits. Learn what habits you can implement in your life to develop these leadership skills?

[Register Here](#)

## August Self-Care Series Hosted every FRIDAY in August



Join SDSU Extension **every Friday** for 20 minutes during the month of August on self-care activities around topics of Nutrition, Physical Activity, Stress Management and other topics! All sessions will be offered through zoom and there is no cost to participate.

### Online Registration:

<https://extension.sdstate.edu/event/may-self-care-series>

## National Immunization Awareness Month!

National Immunization month is held every August to raise awareness and highlight the importance of vaccination. Take the [Adult Vaccine Assessment Tool](#) to find out what vaccines you need.

What **Vaccines**  
do **You** need?

Adults need vaccines too! Answer a few quick questions to find out which vaccines you may need.

