

Working on Wellness

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



Maintain, don't gain this holiday season with the 15th annual Holiday Challenge! This **FREE** 7-week program provides you with access to weekly newsletters, daily tips, and healthy holiday recipes.

[REGISTER HERE](#)

Wellness Tips to Keep You Healthy



Fall has officially arrived! We are nearing the end of 2021 and the cooler temperatures are setting in. It is easy to let the cooler temperatures keep you inside and eating comfort food. Finish the last few days of this year strong with these [17 TIPS](#) from TOTAL WELLNESS.

SIX Fitness & Wellness Challenges

Engage and motivate your employees to live their healthiest lives. Total Wellness offers a [FREE GUIDE](#) to do just that!



NOVEMBER CELEBRATES

The Great American Smokeout

Stay healthy, stay away from Tobacco!
South Dakota Tobacco Control Program
Resources

[BeFreeSD](#)

[Tobacco Rethink It](#)

[SD QuitLine](#)

[Find Your Power](#)

[Order FREE Tobacco Control Materials](#)

For more information, visit the [American Cancer Society](#)

JOIN SDSU EXTENSION November Self-Care Series



Join SDSU Extension for **3 Friday's in November** for 20 minutes on self-care activities around topics of Nutrition, Physical Activity, Stress Management and more!

Online Registration:

[November Self-Care Series](#)