

# Working on Wellness

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



## October is Breast Cancer Awareness Month

**Breast cancer** is the second leading cause of cancer deaths for women in the United States. To help spread awareness of this disease, October is recognized as Breast Cancer Awareness Month. About 1 in 8 U.S. women will develop invasive breast cancer over the course of their lifetime. While there are some breast cancer risk factors that you can't control, these prevention strategies can help you reduce your risk:

- Maintain a healthy weight.
- Exercise regularly.
- Abstain from drinking alcohol or limit intake to one drink per day.

If you are concerned about your personal risk of developing breast cancer, call or visit your doctor.



## LEARNING OPPORTUNITY: *Webinar: Reducing Health Care Provider Burnout Through Leadership*

Wednesday, October 13, at 12:00 p.m. CST

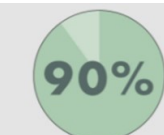
[Register for the Webinar](#)

## FUNDING OPPORTUNITY: WorkWell Mental Health Grant

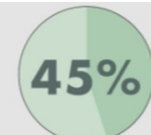
The WorkWell Mental Health Grant awards funds to workplaces dedicated to creating a sustainable workplace supporting mental well-being. All South Dakota businesses starting a mental health program or expanding a current program are eligible to apply!

Applications accepted **now through October 29th, 2021.**

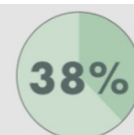
Click [HERE](#) to view full instructions and application.



of employers are concerned that their employees are experiencing burnout.



of employees have experienced symptoms of burnout over the last 12 months.



of employees say their mental health and wellbeing has been negatively impacted by COVID-19.

## FALL...for Fruits & Veggies!

We all love summer but Autumn is actually the time when many fruits and vegetables are at peak flavor. Be sure to look for farmer's markets as there is something about enjoying them when they are in season locally! Learn how to pick, store and prep all your favorite fruits and vegetables by visiting [Country Living](#).

