

Working on Wellness

Monthly wellness from the
Department of Health | Healthy South Dakota Program

JULY 2022



MAKE IT A HEALTHY SUMMER:

Healthy Eating

Reap the benefits of eating local and eating fresh! Be sure to check out your local farmer's markets. You can view the [South Dakota County Map](#) to find markets near you! Click on the county you live in for more details.

Fitness in the Great Outdoors

July is Parks and Recreation Month. Learn more about ways to enjoy outdoor activities in our great [South Dakota parks!](#)



Celebrating July 4th during the month of July with your employees can enhance employee morale and ensure team members feel connected to one another and appreciated. Here are a few great ideas to do just that!

#1 Encourage employees to take 15 minutes to walk with a coworker!

#2 Get in the Independence Day spirit and pick a day to wear red, white, and blue!

#3 Create an Independence Day trivia!

#4 Plan a healthy employee lunch!

UPCOMING TRAINING:



KEYNOTE SPEAKER
Beverly-Beuermann-King

We are excited to partner with South Dakota Suicide Prevention to talk about the importance of addressing mental health in the workplace.

SAVE THE DATE! THURSDAY, AUGUST 11
FRIDAY, AUGUST 12
SIOUX FALLS CONVENTION CENTER

Don't miss this opportunity to start the conversation around **suicide prevention**. The conference will provide tools and resources for prevention and stigma reduction with special emphasis on strategies for veterans, youth, tribal communities, and worksites. Learn about resiliency and hear from those who have experienced suicide loss or survival.



Experts in the field top the speaker line-up including Beverly Beuermann-King who will share her SOS Principle to help people control their reactions to stress and build resiliency against life's challenges—*especially key in worksite settings!*

Who should attend:

- Human resource professionals
- Healthcare providers
- Health promotion committee members
- Health promotion coordinators
- Benefits managers
- Building facilities managers
- Health education staff
- Public health students

This conference is **FREE** so **REGISTER TODAY!** For more information, contact Enid at: eweiss@bhssc.org

July Health Observances

July offers a variety of
National Health Observances.

Here are a few to check out!

[Juvenile Arthritis Awareness](#)

[Minority Mental Health Awareness](#)

[Park and Recreation Month](#)

[Hepatitis Day](#)