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!

UPCOMING TRAINING:

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
• Health promotion committee members
• Benefits managers
• Health education staff
• Healthcare providers
• Health promotion coordinators
• Building facilities managers
• Public health students

This conference is FREE so REGISTER TODAY!

For more information, contact End at: eweiss@bhsc.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