

Working on Wellness

Monthly wellness from



Stress Awareness Month

April marks Stress Awareness Month, a time dedicated to highlighting the importance of stress management and mental health. Here are some valuable resources that can support Stress Awareness Month.

WEBINARS

[Grief and Stress The Path to Healing](#)

[Waking Up Well](#)

STRESS INFOGRAPHICS

[Breathing Brings Benefits Infographic](#)

[Tips to Lower Stress Infographic](#)

[Stress Less with Healthy Habits](#)

APPS

[22 Mental Health Apps for Stress, Anxiety and More](#)

MARK YOUR CALENDAR- APRIL WEBINAR

— WORKWELL — — WEBINAR — — SERIES —

Wednesday, April 9th at 11am CST

PRESENTED BY

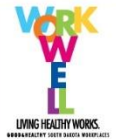


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WOMEN'S HEALTH IN THE WORKPLACE

WORKWELL WEBINAR SERIES



Eating Well with Cottage Cheese



Cottage cheese is a versatile and nutritious food that offers several health benefits. It's a great source of protein, low in fat, and packed with essential nutrients. Looking for excellent cottage cheese recipes, look no further! [Eating Well](#) provides a variety of ways to incorporate cottage cheese into your daily meals.

REGISTER NOW



**2025 SODAK
SHRM STATE
CONFERENCE**
SOUTH DAKOTA SHRM STATE COUNCIL

APRIL 30 – MAY 2 BLACK HILLS

KEYNOTE SPEAKER
TRACY PALECEK

CRISIS TO CLARITY

REGISTER NOW



PRESENTED TOGETHER BY



National Volunteer Week

April 20th – April 26th

Local Churches
Local American Red Cross
Feeding South Dakota
Local United Way
Local Schools
Local Hospitals

April- Alcohol Awareness

Alcohol **increases**
the risk of several
types of cancer



[cdc.gov/alcohol](https://www.cdc.gov/alcohol)

throat cancer
colon cancer
breast cancer (in women)
liver cancer and more...

Prevention

