

Working on Wellness

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

 SOUTH DAKOTA DEPARTMENT OF HEALTH



APRIL 2024



Alcohol Awareness Month

April Health
Observances



Stress Awareness Month

Get Your
Oats On!



Oatmeal is a nutritious, inexpensive option to get some of your whole grains in. Eating oatmeal regularly can have weight management benefits as a half-cup of rolled oats cooked in a cup of water has 165 calories, 4 grams of fiber and 6 grams of protein. Oats also are an excellent source of many vitamins and minerals, including magnesium, copper, thiamine and zinc. Check out these [Extra Ordinary Oats](#).



WorkWell Workshop
Elevating Employee Wellbeing
Tuesday, April 30th
Register [HERE](#)



SDSU
Extension



will host a weekly series of six **free** webinars focused on increasing financial knowledge and improving financial well-being. Registration is required!

[Financial Fireside Chats](#) will be available online from 6:30 to 7:30 p.m. CST each Tuesday from April 23 to May 28, 2024.

For more information, contact [Lorna Saboe-Wounded Head](#), SDSU Extension Family Resource Management Field Specialist.



SDSU Extension and SDDOH are excited to launch a Move Your Way South Dakota Spring Challenge from April 15th, 2024 - May 15th, 2024. More details will be posted on the [SDSU Extension Website](#).

National Volunteer Week

April 21st - 27th we recognize the impact of volunteer service. Thank you for building stronger communities and tackling some of the greatest challenges. If you are looking to volunteer, here are just a few to get in touch with to see where you can make an everlasting change in your community.

- Local Churches
- Local American Red Cross
- Local Salvation Army
- Local Habitat for Humanity
- Local United way
- Local Hospital
- Local Schools

