

Working on Wellness

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

AUGUST 2024 WorkWell Grant

August is Breastfeeding Awareness Month! Highlighting one of our WorkWell grantees, **Flandreau Santee Sioux Tribal Health Center** (FSST HC) was able to successfully develop a well written breastfeeding policy and create a beautiful lactation room for breastfeeding moms who could utilize the space for not only breast pumping but meditation and relaxation throughout the workday. FSST HC has several employees of childbearing age and have several expectant moms in the coming months. It is currently being consistently utilized. This space has allowed for a private area, close to designated workspace that is quiet and comfortable. Given the restricted space in the building and need for other employee wellness activities, this room became multi-purposeful for its full benefit by adding a massage chair to the room provided by an alternative worksite wellness grant. The room also serves as a best practice model of a relaxing breastfeeding space and consult area for new nursing moms, both patients and employees, hopeful in encouraging creation of the most ideal environment in their own homes.



August



**National Immunization
Awareness Month**

The observance is held in August to highlight the importance of vaccination for all ages. The Centers for Disease Control and Prevention provides guidance on all ages.

To learn more about the recommended immunizations for all ages, scan the QR Code.



Hand Weight Exercises



Hand weight exercises can help strengthen your muscles and help your body perform everyday activities with ease and comfort. Strength training is an important way to keep your body moving and in optimal health. Current guidelines recommend adults incorporate strength training exercises into their lives at least 2 times per week.

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