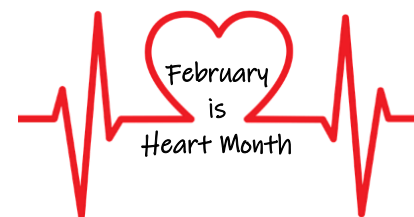


Working on Wellness

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



FEBRUARY 2024



Save the Date: WorkWell Workshop Elevating Employee Wellbeing

Tuesday, April 30th
Highland Conference Center, Mitchell SD
Registration opens April 1st at:
GoodandHealthySD.org/Events/Workwell

Keynote Address:

Emotions and Workplace Communication:

Understand how to change toxic workplace-venting, regulate emotions during difficult conversations, and create and use scripts for impactful communication.

Employee and Manager Collaboration for Retention:

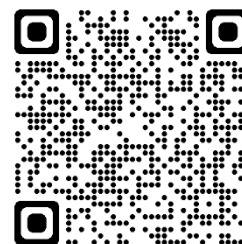
We'll discuss what it is like to be the "working poor" in SD. Learn how to increase employee retention by offering flexibility, basic needs support and workplace interventions.

Keynote Speaker -
Tracy Palecek, NCC, LPC, QMHP



BETTER CHOICES, BETTER HEALTH® SD

Stay active and connected! The [Better Choices, Better Health® SD](#) network offers a suite of FREE evidence-based Self-Management Education and Physical Activity programs for adults and their caregivers living in South Dakota. Join a program in-person or virtual from the comfort of your own home. Follow the QR code to our registration page!



Follow our [Facebook Page](#) to stay up to date on workshops, trainings, and special events!

WorkWell Grant Opportunity

The South Dakota Department of Health is excited to release the 2024-2025 WorkWell Grant. All South Dakota businesses are eligible to apply! This is an opportunity for your worksite to send a positive, supportive message and promote healthy lifestyles by preventing, reducing, and managing chronic disease through worksite environment and policy change.

Grant Funds Awarded: Up to \$2,000 per worksite

Grant Release: February 7, 2024

Grant Submission Deadline: On or before March 1, 2024, by 5:00 pm CT

Grant Selection: April 2024

Year Period: June 1, 2024 – May 31, 2025

Apply Here: [Funding Opportunities | HealthySD.gov](#)



5 Minutes or Less!

Are you looking for a quick yet healthy breakfast. EatWell has a variety of breakfast ideas that will keep you full and getting nutrition. Check out these 25 Healthy Breakfast items [HERE!](#)

