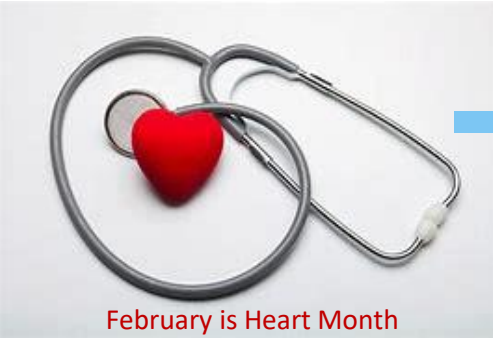


Working on Wellness

Monthly wellness from



February is Heart Month

Addressing Tobacco Use in the Workplace

KAITLYN ASHLEY, TOBACCO CESSATION COORDINATOR
During this presentation, you will learn:

- Why Should You Address Tobacco Use in the Workplace
- How to Address Tobacco Use in the Workplace
- Tobacco Resources

We hope you can join us!

[Join the meeting now](#)

Meeting ID: 215 700 074 403

Passcode: 6WU6oM6A



American Heart Association

CPR & First Aid

Emergency Cardiovascular Care

WORKPLACE REQUIREMENTS

CPR, AED and First Aid Training for Work
Requirements or Personal Training



WorkWell Funding Opportunity

The South Dakota Department of Health is excited to release the 2025-2026 WorkWell Funding Opportunity. 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 3, 2025

Grant Submission Deadline: February 28, 2025, by 5:00 pm CT

Grant Selection: April 2025

Year Period: June 1, 2025 – May 31, 2026

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



Moving with WorkWell

Calf Stretch

1. Stand on a bottom step with your heels hanging off the edge.
2. Slowly drop your heels down. Hold on to the wall or rail as you lower down.
3. Hold this position for 20-30 seconds.



Double-Leg Calf Raise (seated)

1. Sit in a sturdy chair (for increased challenge place a dumbbell or weight in your lap).
2. Slowly lift your heels off the ground rising onto your toes. Count to three and lower heels back down.



Eating with WorkWell

Pico de Gallo Grilled Chicken Salad
Fresh, simple, and delicious to make!

*Recipe from American Heart Association

