

# Working on Wellness

Monthly wellness from the  
Department of Health | Healthy South Dakota

 SOUTH DAKOTA DEPARTMENT OF HEALTH



**JULY 2024**

## 'FREE' Financial Wellness Webinar

Please join WorkWell as Dr. Lorna Saboe-Wounded Head, Field Specialist with SDSU presents on Financial Wellness.

Wednesday, July 16<sup>th</sup> @ 1:00 p.m. CT

Join the webinar using the QR Code!



## SDSU Extension Resistance Band Handout



## Celebrate Independence Day



I look forward to this every 4<sup>th</sup> of July! Run, walk or bike four miles to celebrate the fourth! Look for your local community events to celebrate on the fourth. If you can't make it happen on the 4<sup>th</sup>, plan a time with your co-workers during the month of July to celebrate.



## Hydrate in July!

Keep yourself healthy and hydrated this summer! Drink at least 64 ounces of water each day can help your body fight fatigue and increase energy levels. If you think you are hungry, you might just be thirsty! Grab for the water instead of another snack.



## Looking for a Farmer's Market?

Check out the South Dakota's Farmer Market website. You will find locations of farmers markets, websites & details of markets statewide. The South Dakota Specialty Producers Association provides market resources, support and the latest information.

