

Working on Wellness

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

JUNE 2024



June is National Employee Wellness Month

Adults spend most of their active life working and most of the active part of the day is spent at work. WorkWell encourages employers and organizations to enhance existing wellness programs, provide health information regularly and encourage their employees to adopt proactive strategies for improved physical, mental, and emotional wellbeing in the workplace. Benefits of wellness initiatives are it improves productivity, saves cost and promotes teamwork and collaboration. Here are a few ideas to **Celebrate the Month!**

1. Walking Meetings



2. Fitness Breaks



3. Create a Challenge



WorkWell Workshop

WorkWell hosted the "Elevating Employee Wellbeing" workshop on April 30th in Mitchell! Thank you to our committee, presenters, and those in attendance.

The workshop provided attendees with:

- Best Practices for Employers to Improve Retention and Support of Entry Level Workers
- Move & Groove: Active Workplace Strategies.
- Better Choices, Better Health
- Living Healthy Lifestyles at Work
- Worksite Interact and Engage Session
- Reframe Up



Work Well Funding Opportunities

WorkWell had 14 worksites receive funding for the 2023-2024 grant year. Worksites completed their grant year on May 31st! With many grant interventions applied and sustained within the worksite, it was a successful year.



WorkWell is excited to start the 2024-2025 grant year. With over 25 applications, it made tough decisions on selecting this year's grantees. Grantees will start their year June 1! We continue to encourage worksites to apply for future funding. To view all current fundings visit the QR Code.

[GOODANDHEALTHYS.D](https://goodandhealthysd.org)



CPR/AED Awareness Week! June 1-7



Learn TWO
Simple Steps of
Hands-Only CPR!

