

# Working on Wellness



## June is Alzheimer's & Brain Awareness Month

Take charge of your brain health and fight to end Alzheimer's and all other dementia.

According to the Alzheimer's Association, more than 55 million people are living with Alzheimer's or another dementia. Take action now! **Promote Brain Health and Join the Fight!** Take Charge of Your Brain • Go Purple to Raise Awareness • Get Involved • Invest in the Future • Share Your Story



## June Move Well

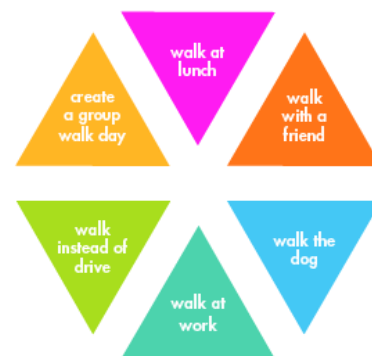
The nice weather is here—let's take advantage of it! Whether you're walking, biking, or just spending more time outdoors, it's the perfect season to get active. Healthy SD has tools, tips, and resources to help you stay motivated and make physical activity part of your daily routine. No matter your fitness level, there's something to help everyone get moving and feel great.



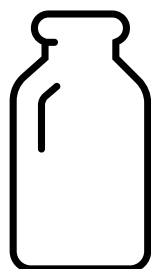
Let the sunshine be your inspiration—start today with support from Healthy SD!

[Healthy SD](#) can help you do just that!

## CREATE A NEW WALKING HABIT!



## June Eat Well



June isn't just about the start of summer—it's also **National Dairy Month!** It's the perfect time to recognize and enjoy the delicious, nutritious benefits of dairy. Looking for inspiration? [Midwest Dairy](#) offers a variety of tasty, easy-to-make recipes that highlight the goodness of dairy. From smoothies and snacks to hearty meals, there's something for everyone to enjoy. Celebrate the season with something delicious—and dairy-rich—on your plate!

## WORKWELL

South Dakota worksites were represented at the South Dakota Society for Human Resource Management (SHRM) Conference held in Rapid City from April 30 to May 2. WorkWell proudly sponsored keynote speaker Tracy Palecek, who delivered an inspiring address titled "*Crisis to Clarity*." In addition to the keynote, WorkWell hosted a breakout session, **WorkWell – Living Healthy Works**, featuring several Department of Health staff members. The session shared practical resources and educational materials designed to support the development of sustainable wellness programs and to inspire healthy habits in the workplace.

Throughout the conference, over 150 attendees engaged with wellness initiatives represented by the following programs:

- WorkWell – Worksite Wellness
- Diabetes Program
- Healthy Brain Initiative
- Overdose Prevention and Opioid Program
- Tobacco Prevention Program

For more information or to request resources, please contact Enid Weiss at [eweiss@bhssc.org](mailto:eweiss@bhssc.org).