

# Working on Wellness

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

MARCH 2024

## WorkWell Workshop: Elevating Employee Wellbeing

Join us for an interactive and engaging event, collaborating with worksites to improve physical and mental wellbeing.

**Save the Date: Tuesday, April 30, 2024**

Mitchell, SD

Highland Conference Center

Registration: 8:30-9:00AM

Conference: 9:00 AM-3:45PM

\$25.00 entrance fee; lunch provided



**Conference Details:** [WorkWell Workshop](#)



Let's work together to make South Dakota good and healthy!  
Stay up to date on funding opportunities, resources, success stories and more!



## March: National Nutrition Month

Create healthy habits that are sustainable!  
**Eatright.org**, Academy of Nutrition and Dietetics offers a variety of resources.

## March Office Ideas:

It's a great time to focus on increasing a healthy lifestyle. Involve your employees by taking part in these activities!

- Plan a "healthy" work potluck.
- Create a podcast group study.
- Take charge and lead a daily stretch break.



## March is Colorectal Cancer Awareness Month!

Colorectal cancer is the second-leading cause of cancer related death and is nearly 100 percent curable when caught early. [GET SCREENED SD](#) is here to provide your worksite with resources that can be shared with your employees. Don't wait to get Screened! The U.S. Preventive Services Task Force recommends colorectal cancer screening for men and women aged 45–75.