

Working on Wellness

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

November 2024

WORKWELL WEBINAR

HALT CHRONIC DISEASE PREVENTION AND HEALTH MANAGEMENT
PROGRAMS PRESENTED BY KIM ZIENTEK & RAY LYONS

WEDNESDAY, NOVEMBER 6 | 11 A.M. CST

Join us for a webinar to learn about how HALT and the Healthy Lifestyle SD platform could benefit your workplace or community.



Join us for a 60
Minute Zoom



 SOUTH DAKOTA DEPARTMENT OF HEALTH



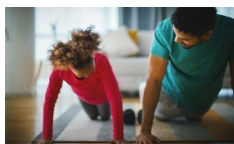
PODCAST



Navigating holiday eating and managing stress during the festive season can be challenging. Learn how the food you eat impacts your mood, your resiliency, your sleep, and ultimately your stress levels, during an already stressful time of year. Dishing up Nutrition offers the podcast Foods to Manage Stress.

Beat the Mid-Afternoon Slump

Catch yourself dragging late in the afternoon, craving a sugary snack or looking for a caffeinated drink to boost your energy? The best answer is none of the above. Here are some healthier alternatives.



Gobble, Gobble!
20 Minute
Thanksgiving
Workout!

 Eat Smart | Move More
Weigh Less[®]
Online

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY
Challenge



Maintain, don't gain this holiday season! The challenge is **NO** longer being offered but the materials **ARE**! The program provides you with access to weekly newsletters, daily tips, and healthy holiday recipes.