

Working on Wellness

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

 SOUTH DAKOTA DEPARTMENT OF HEALTH



October 2024

October is Breast Cancer Awareness Month

Together we RISE! October is Breast Cancer Awareness Month, an ideal time for employers to share resources and facts about this devastating cancer. As the second most common type of cancer for women, it's imperative to share life-saving information this month to educate employees.



Wear **Pink** on Friday, October 18th!

Encourage employees to raise awareness by wearing pink on Friday, October 18th! Participants can donate **the dollar amount** of choice, to raise for a local charity or support an employee. It's a great cause to RISE Together!

South Dakota as well as National Sources provide education and resources to share with your worksite!

The [Centers for Disease Control and Prevention](#) provides Basic Information, Statistics, and Low-Cost Screening guidance for the worksite. The [National Breast Cancer Foundation Inc.](#), provides education and resources.

The [American Cancer Society](#) provides information about local and national resources to those diagnosed with cancer and their family members.

October- Health Observance Month



October has many health observances! Your worksite can visit **Welcoa** (Wellness Council of America), a great resource that offers credible websites that will provide tools and education for your



Harvest of the Month

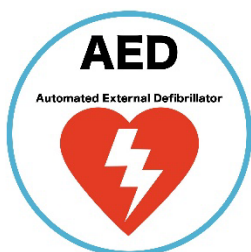
Find inspiration, tips, recipes and ideas on how to get more from your food! Harvest of the Month will give you just that.



WORKWELL GRANT

The WorkWell Grant has wrapped up its first quarter of the 2024-2025 grant year. Worksites are implementing:

- AED/CPR training to employees.
- Ergonomics to increase physical activity and reduce sedentary sit time amongst employees.
- Biometric screenings to monitor and check blood sugar, cholesterol and BMI.



10 Fall Wellness Activities for Employees

