

Working on Wellness

Monthly wellness from the
Department of Health | Healthy South Dakota

 SOUTH DAKOTA DEPARTMENT OF HEALTH



**September
2024**



Suicide Prevention

September is nationally recognized as Suicide Prevention Month-- a time to remember the lives lost to suicide, acknowledge all who have experienced suicidal thoughts, and the many individuals, families, and communities who have been impacted by suicide. It's also a time to raise awareness about suicide prevention and share messages of hope. Challenge yourself during the month of September to be involved as well as get your worksite involved.



To find events in your area, visit the South Dakota Suicide Prevention website by scanning the QR code.

*** FREE ***

Financial Wellness Webinar

Please join Abby Vreugdenhil from the Helpline Center as she presents on how to utilize the Helpline Center's online Resource Directory tools. Abby will also briefly show the Helpline Center's self-paced online learning course that provides information on how to utilize the online Resource Directory tools.

Wednesday, September 4th @ 1:00 p.m. CT

Join the webinar using the QR code!



Integrity in the Workplace

A recent article published that would be valuable for employees highlights the topic of integrity. A workplace with a strong culture of integrity often sees benefits like increased trust among employees, better decision-making, and a more positive overall environment. Integrity in the workplace is a crucial topic and can significantly influence the overall health and success of an organization.

To learn more, scan the QR code to the right.



Apple and Walnut Chicken Salad with Green Salad

Fruits and Veggies Month

In September, there is a special focus on celebrating 'National Fruits & Veggies Month' giving us the opportunity to bring greater attention to the health benefits of eating fruits and vegetables all year long!

Encourage others to consumer more! Share your favorite ways to make fruits and veggies a part of every meal or snack or try delicious, healthy recipes like this salad from the American Heart Association (AHA).

For more recipes from AHA, scan the QR code!



 Calories

272 Per
Serving

 Protein

24g Per
Serving

 Fiber

5g Per
Serving

 Cost Per
Serving

\$3.42