

Working on Wellness

Monthly wellness from the SD Department of Health
Office of Disease Prevention and Health Promotion



National Nutrition Month

It's time for a recipe round-up to share with your co-workers! National Nutrition Month is a great time to focus on increasing your fruit and vegetable intake, and trying a new recipe. Create a worksite wide Recipe Google Doc is the perfect way to incorporate healthy habits.

"WE RISE BY LIFTING OTHERS."

- ROBERT INGERSOLL

Share Kindness

Across your Worksite!

Kindness from both leaders and coworkers leads to more satisfied, productive employees. Many of us think of work as WORK, and work is one place we may forget to show kindness to others. It's far too easy to get caught up in the ever-growing list of tasks that must be accomplished and we can forgo giving at work when we have so much to do! Transform your workplace and download the FREE Random Acts of Kindness Calendar.



FREE WEBINAR

Mindful Eating: How to Achieve Natural, Healthy Weight Loss

March Colorectal Cancer Awareness Month

Colorectal Cancer Doesn't Stand a Chance!

The U.S. Preventive Services Task Force recommends that adults age 45 to 75 be screened for colorectal cancer.

GetScreenedSD provides Colorectal Cancer educational material as well as resources that assure you have taken the right steps in preventative care.

[About Colorectal Cancer](#)

[Symptoms](#)

[Where To Get Screened](#)

[GET #BACKONTRACK](#)



Dress in Blue Challenge

What? By wearing blue, you bring awareness to this disease as well as honor all who are impacted by colorectal cancer.

How? Invite employees to donate a dollar or more to participate in wearing **BLUE**. Funds raised can be donated to a local cancer organization/charity or to an employee in need.

When? Every **FRIDAY** throughout the month of March.

Why? In 2022, an estimated **151,030 people** will be diagnosed with this highly preventable disease. That has increased by 1,530 since 2021. They will join more than **1.4 million** colorectal cancer patients and survivors living today. **Go Blue for them!**