

In this issue: NO Yoga this week! Ergonomic Tips. Last Chance to Zumba!

Employee Wellness



Lunchtime Seminars



Will Power (Brown Bag Lunch) – **SPACE IS STILL AVAILABLE**

Presented by Kaiser

Tuesday, October 23rd from 12:00pm-12:50pm

@ 701 Ocean St. – Coastlines Room (5th Floor – opposite CAO window).

REGISTER NOW! Click [here](#) and then click on the event in the calendar to enroll.

If you've registered and cannot attend please send an email to

EmployeeWellness@santacruzcounty.us to let us know.

How Social Media Affects Your Mental Health (Brown Bag Lunch)

LiveStream (Pre-Recorded) Presented by Sutter Health

Thursday, November 8th from 12:00pm-12:50pm

@ 1080 Emeline – Small Auditorium

REGISTER NOW! Click [here](#) and then click on the event in the calendar to enroll.

If you've registered and cannot attend please send an email to

EmployeeWellness@santacruzcounty.us to let us know.



NEW!

Surviving the Hustle and Bustle of the Holidays

LiveStream Presented by Sutter

The holiday season and year-end activities often find us overwhelmed, full of expectations, and lost in the hustle and bustle. For some, it's their favorite time of the year. For others, it brings unwelcome feelings of stress and sadness. Join Sutter Health certified nutritionist Sharon Meyer, DipION, CNC, for an interactive discussion on the hustle and bustle of the holidays. Learn about healthy eating, alternative drink choices, and how to keep stress to a minimum.

Thursday, November 15th from 12:00pm-12:50pm

LiveStream

REGISTER NOW! Please send an email to

EmployeeWellness@santacruzcounty.us if you would like view this LiveStream.



Last Chance to Zumba! Sign Up NOW!

A lower impact Zumba course – perfect for the lunchtime hour. Focus' on cardiovascular, muscular conditioning, flexibility and balance. Wear comfortable clothes and supportive shoes. \$5 donation accepted.

ZUMBA GOLD @ EMELINE

Tuesdays at Lunchtime ~ 12:10pm-12:50pm

Limited Series: October 23, 30
Basketball Court at Emeline

ZUMBA GOLD @ EMELINE

Thursday Evenings ~ 5:10pm-6:00pm

Limited Series: October 25
Basketball Court at Emeline

To register, please click on this [**Employee Wellness Calendar**](#) link. Find the date you would like to register for and click on the calendar entry (a red **X** on the calendar entry indicates a full class). Type in your work email address, your name and phone number then click on the "Enroll" button. You should receive an email confirmation within minutes of your registration. If you must cancel please let us know by sending an email to [**EmployeeWellness@santacruzcounty.us**](mailto:EmployeeWellness@santacruzcounty.us) at least 24-hours prior to the class so that we can inform our waitlist.



Yoga

Please note: No yoga this week, October 22nd - 26th.

Yoga @ 701 Ocean St.

Sign up for Monday Evenings ~ 5:15pm – 6pm

@ 701 Ocean St. – Coastlines Room*

****Formerly 5th Floor PER Conf. Rm - located opposite the CAO Reception Desk***

Yoga @ Probation

Sign up for Thursdays at Lunchtime ~ 12:10pm-12:50pm

303 Water St. 2nd Fl. Probation Training Room

To register, please click on this **[Employee Wellness Calendar](#)** link.

Find the date you would like to register for and click on the calendar entry (a red **X** on the calendar entry indicates a full class). Type in your work email address, your name and phone number then click on the “Enroll” button. You should receive an email confirmation within minutes of your registration. If you must cancel please let us know by sending an email to **EmployeeWellness@santacruzcounty.us** at least 24-hours prior to the class so that we can inform our waitlist.

Wear comfortable clothes, bring a yoga mat and strap if you have one. \$5 donation accepted.

Instructor: Leslie Goodfriend

Lunchtime Wellness Activities

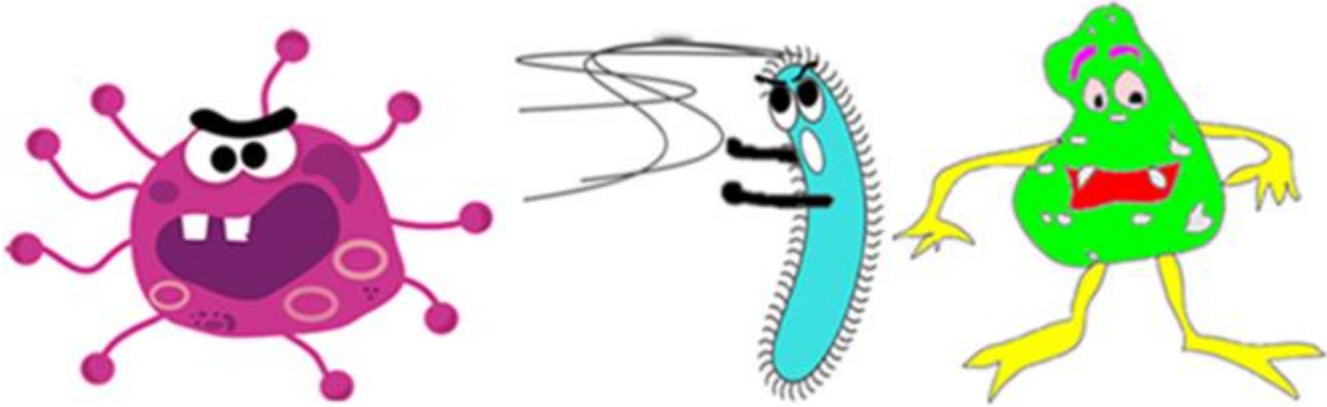


EMELINE LUNCHTIME YOGA: Join us on **Mondays and Wednesdays** for Lunchtime Yoga from 12:10-12:55pm – **PLEASE NOTE:** Location will be the **1060 Emeline Solarium**. The 1060 building has a large **F** on it. Wear comfortable clothes, bring yoga mat. \$5 donation accepted. **Please note: No yoga during the week of October 22nd - 26th.**



SANTA CRUZ COUNTY TABLE TENNIS CLUB: Meets every **2nd and 4th Friday** of each month from 12:00-1:00pm – 1400 Emeline (East Patio). **Next meeting is Friday, October 26th.** **Please RSVP** by clicking **[here](#)**. Come one, come all! Be sure to bring a lunch and sun protection. Paddles, balls and a table are provided.

Flu Clinics



County of Santa Cruz

HEALTH SERVICES AGENCY

POST OFFICE BOX 962, 1080 EMLINE AVENUE, SANTA CRUZ, CA 95061-0962
 HOMELESS PERSONS HEALTH PROJECT WATSONVILLE HEALTH CENTER
 SANTA CRUZ HEALTH CENTER WATSONVILLE HEALTH & DENTAL CENTER

OUTPATIENT MEDICAL CLINICS DIVISION

Employee Flu Vaccine Clinics 2018

The CDC recommends everyone 6 months and older get a flu vaccination every year. Even if you're healthy, you can get the flu and spread it to your family, coworkers and the public even before you feel sick.

Learn More: www.cdc.gov/flu

Date	Time	Location
Wednesday September 26 th	11am-2pm	1080 Emeline Avenue Basement - HSA Large Auditorium
Wednesday October 3 rd	11am-2pm	701 Ocean St. 3rd floor Personnel Boardwalk Room
Wednesday October 10 th	11am-2pm	1430 Freedom Blvd. Watsonville Ag Extension - Suite E
Wednesday October 17 th	11am-2pm	701 Ocean St. 3 rd floor Personnel Boardwalk Room
October 19 th – October 31 st	Walk-in 1:30pm – 3:45pm	1080 Emeline Ave Clinic <i>Please anticipate an extended wait time as patients receive first priority</i>

To receive your vaccine you must bring \$15.00 and your employee ID badge or paystub

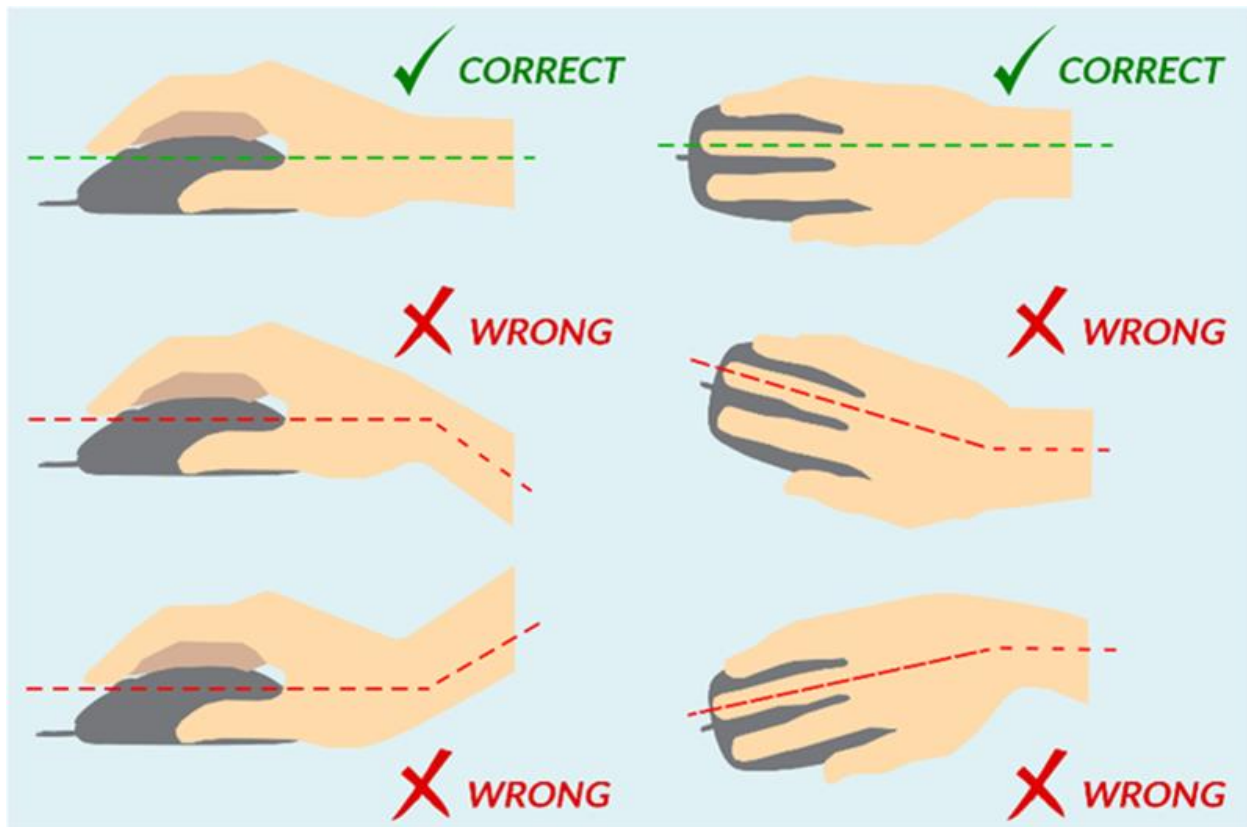
You may also receive your flu shot at Juvenile Hall if you are a probation employee or have clearance to enter the Juvenile Hall.

Please wear short sleeves.

If you don't have an employee ID, you may use a paystub.

October is Ergonomics Month

Similar to typing on the keyboard, when using your mouse, ensure that your forearms and wrists are in a straight line to prevent strain on your wrist.



Healthy Breakfast Recipes



Bagel Gone Bananas



Mexi-Melt

Local Gym & Yoga Studio Discounts



Santa Cruz
2 locations included

Enrollment fee:

\$0 for a 24 month program (reg. \$49)
\$19 for a 12 month program (reg. \$99)
\$69 for a month to month program (reg. \$199)

Monthly fees:

\$39 per month (unlimited access – all classes included) (reg. \$43)
\$33 per month (excludes: 9-11am & 4-7:30pm daily and 9am-noon on Saturdays) (reg. \$37)
\$29 per month (access 11am-4pm only – no classes) (reg. \$33)
Must show an employee badge, business card or pay stub to receive discount.

To view their website, click on the logo above.

YOGA AND GYM DISCOUNTS FOR COUNTY OF SANTA CRUZ EMPLOYEES AT THE FOLLOWING:



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY
