

*In this issue: Walking Your Way to Wellness!*

*Sign up for Webinar: How Social Media  
Affects Your Mental Health!*

# Employee Wellness



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# Lunchtime Seminars



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

*LiveStream (Pre-Recorded) Presented by Sutter Health*

**Thursday, November 8<sup>th</sup> 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.

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**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](mailto:EmployeeWellness@santacruzcounty.us)** if you would like view this  
LiveStream.

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## Yoga @ 701 Ocean St.

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

@ 701 Ocean St. – Coastlines Room\*

\*Formerly 5<sup>th</sup> 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. 2<sup>nd</sup> 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](mailto: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**

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## **Zumba Series**

**FINAL DAY! Tomorrow, OCTOBER 30<sup>th</sup>**  
**Sign Up NOW! Last Chance to Zumba!**

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**

Last Class: October 30  
Basketball Court at Emeline

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# 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.



**SANTA CRUZ COUNTY TABLE TENNIS CLUB:** Meets every **2<sup>nd</sup> and 4<sup>th</sup> Friday** of each month from 12:00-1:00pm – 1400 Emeline (East Patio). **Next meeting is Friday, November 9th. 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.

**ZUMBA GOLD @ EMELINE:** Tuesday October 30<sup>th</sup> – FINAL DAY IN SERIES

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# Flu Clinics – Last Week



## 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](http://www.cdc.gov/flu)

Date	Time	Location
Wednesday September 26 <sup>th</sup>	11am-2pm	1080 Emeline Avenue Basement - HSA Large Auditorium
Wednesday October 3 <sup>rd</sup>	11am-2pm	701 Ocean St. 3 <sup>rd</sup> floor Personnel Boardwalk Room
Wednesday October 10 <sup>th</sup>	11am-2pm	1430 Freedom Blvd. Watsonville Ag Extension - Suite E
Wednesday October 17 <sup>th</sup>	11am-2pm	701 Ocean St. 3 <sup>rd</sup> floor Personnel Boardwalk Room
October 19 <sup>th</sup> – October 31 <sup>st</sup>	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

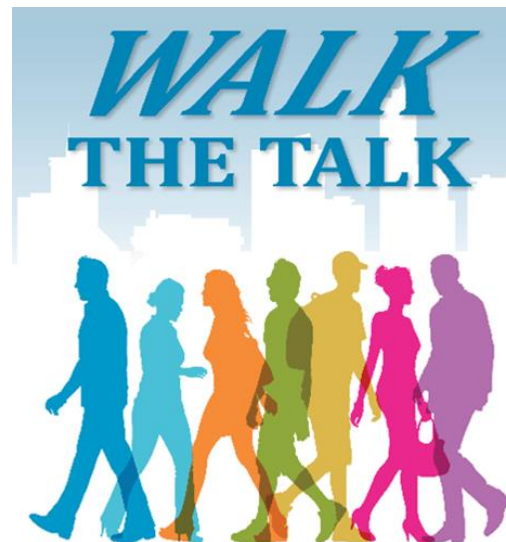
You may also receive your flu shot at Juvenile Hall if you are a probation employee or have clearance to enter the Juvenile Hall.

**Please wear short sleeves.**

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

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# Health Tip



## Health Benefits of Walking

Aids in maintaining healthy skin

Helps to alleviate stress and depression

Aids in improving confidence and self-esteem

Reduces risk of strokes and other heart diseases

Boosts immune system and helps in detoxifying body

Improves bone density and reduces risk of osteoporosis

Beneficial in normal functioning of cardio-respiratory organs

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# Healthy Recipes



Chicken & Spinach Skillet Pasta with Lemon & Parmesan



Slow-Cooker Curried Butternut Squash Soup

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# Local Gym & Yoga Studio Discounts



Watsonville

Waived joining fee (reg. \$50)

\$47 per month (Individual)

\$78 per month (Family)

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:

