

In this issue: National Day of Giving

Employee Wellness



**Lunchtime
Seminars**

Watsonville

Preventing Diabetes: Reduce Your Risk (FREE Lunch)

Presented by Dignity Health

Wednesday, November 28th from 12:00pm-12:50pm

@ 18 W. Beach Street, Watsonville – Training Room

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.

Santa Cruz

NEW - Essential Exercise Tips (FREE Lunch)

Presented by Dignity Health

Tuesday, December 4th from 12:00pm-12:50pm

701 Ocean St., 5th floor – Coastline Conference Room

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.

Donation Tuesday

COUNTY OF SANTA CRUZ DEPARTMENT OF
PARKS, OPEN SPACE AND CULTURAL SERVICES

**Santa Cruz County Parks Department
Is Supporting
Second Harvest Food Bank**

Tuesday, November 20th



Bring in 3 cans = 1 Free Lap Swim or Rec Swim



**Bring in 5 cans = 1 Free Coached Workout
(Water Aerobics or Adult Fitness)**

County Employees that bring in cans will be entered into a raffle for a
10 Entry Swim Pass



Pop up farmers market

11am to 1pm in the

Simpkins Swim Center Lobby



100% of the proceeds benefiting Second Harvest Food Bank

NATIONAL DAY OF GIVING – TUESDAY, NOVEMBER 27TH

#GivingTuesday, a day dedicated to giving back. On the Tuesday after Thanksgiving charities, families, businesses, community centers, and students around the world will come together for one common purpose: to celebrate generosity and to give.



Our goal is to raise enough money for 185,000 meals! Click [HERE](#) to donate to the Holiday Food Drive 2018.



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

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.

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. **NO YOGA WEDNESDAY NOVEMBER 21.**



SANTA CRUZ COUNTY TABLE TENNIS CLUB: Meets every **2nd and 4th Friday** of each month from 12:00-1:00pm – 1400 Emeline (East Patio). **November 23rd is CANCELLED due to the Thanksgiving Holiday.** **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.

Health Tip

Thanksgiving 5 Tips To Keep It Healthy



- Eat breakfast
- Start your day with exercise
 - Stay hydrated
 - Use a small plate
- Know when to stop

Healthy Thanksgiving Recipes



[Vegan Pumpkin Pie](#)



[Gluten-Free Sweet Potato Pie](#)

Local Gym & Yoga Studio Discounts



1010 Center Street
Santa Cruz, CA
(831) 325-2620

15% off any of our class packages or contract.

Please arrive 15 minutes before
your first class with proof of employment
in order to create an account, sign
our waiver, and get signed up with this offering.

To view their website, click on the logo above.

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

NOURISH
mind body spirit



Watsonville Yoga
Dance and Healing Arts
K. S. ...



SANTA CRUZ
YOGA

