

*In this issue: Flu Season Tips. New
Lunchtime seminar added!*

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
(opposite the CAO reception desk)

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.

NATIONAL DAY OF GIVING – TUESDAY, NOVEMBER 27TH

#GivingTuesday, a day dedicated to giving back. 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 to raise 185,000 meals by making a donation! Click [HERE](#) to donate.



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.



SANTA CRUZ COUNTY TABLE TENNIS CLUB: Meets every [2nd](#) and [4th Friday](#) of each month from 12:00-1:00pm – 1400 Emeline (East Patio). [December 14th](#). [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.

Tips for Avoiding The Flu



1 CLEAN

Wash your hands often.

Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.



2 COVER

Cover your cough.

Use a tissue to cover your mouth and nose when you cough or sneeze.

Don't have a tissue? Your sleeve will do.



3 CONTAIN

Contain germs by steering clear of others who are sick.

If you do get sick, stay at home until you're well again, so you don't spread more germs.

Healthy Recipes



Mexican Cabbage Soup



Ravioli & Vegetable Soup

Local Gym & Yoga Studio Discounts

NOURISH mind body spirit

Sign Up for Yoga-Unlimited Monthly Auto-renewing for just \$65 per month

at <https://clients.mindbodyonline.com/classic/home?studioid=6094> – click on the Sign Up link. There are no additional membership or activation fees!

When you enter your contact information, be sure to choose **County of Santa Cruz** in the "How did you learn about us?" field.

As an employee of the County of Santa Cruz, once you have enrolled in Monthly Unlimited Yoga at NOURISH, you will receive 20% of your monthly enrollment fee back in the form of NOURISH credit. That's \$13 per month to use however you would like at NOURISH.

In order to receive your NOURISH credit, you must submit a NOURISH Credit Form and allow 7-10 days processing time.

To view their website, click on the logo above.

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

