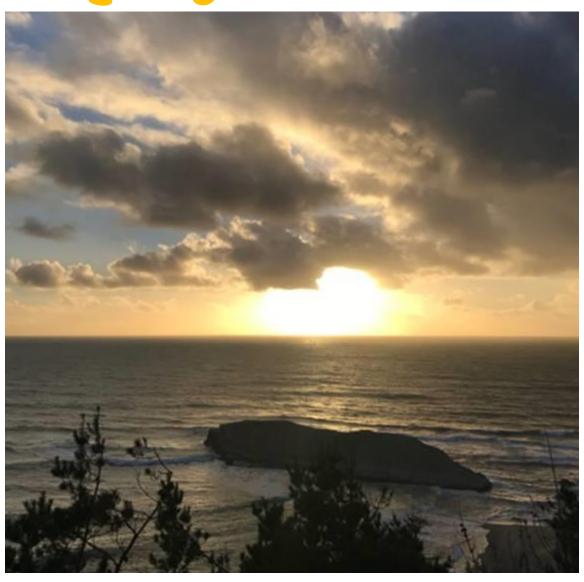
# In this issue: Tips for Surviving a Holiday Party! New Discount for County Employees!

#### Employee Wellness



#### Yoga Survey



Please give us feedback on our Yoga program. How can we make it better for you?

Please follow this <u>link</u> to answer our quick and easy survey.



#### Tips to Surviving a Holiday Party

- Don't go on an empty stomach. Going to a party on an empty stomach is like grocery shopping on an empty stomach. To avoid consuming too many calories eat a healthy snack before you leave home.
- Focus on fun, not food. Once you're at the party, focus on socializing and enjoying yourself. While chatting, get yourself a glass of water or club soda with lemon wedges this gives you something to hold in your hand.
- **Mindfully indulge.** Do not put anything in your mouth before you put it on your plate. Being aware of the amount of food you eat is important. Go for fresh desserts like strawberries dipped in dark chocolate.
- **Pour wisely.** When measured correctly, one serving of alcohol has approximately 100 calories. Drinking 3-4 glasses of water for every drink will also help you stay hydrated and full.

## Yoga Pilot Programs



#### Yoga @ 701 Ocean St.

**Sign-up** for Monday Evenings ~ 5:15pm – 6pm CANCELLED TONIGHT! December 10, 2018

@ 701 Ocean St. - Coastlines Room\*

\*Formerly 5<sup>th</sup> 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 <a href="mailto:EmployeeWellness@santacruzcounty.us">EmployeeWellness@santacruzcounty.us</a> 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. 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 <a href="mailto:EmployeeWellness@santacruzcounty.us">EmployeeWellness@santacruzcounty.us</a> 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** 

## Weekly Newsletters

Do you ever want to look back at a Weekly Wellness newsletters
but you deleted it?
Weekly Wellness newsletters are now being archived on the Intranet (Employee Wellness page).
Click here for the link. And while you're there – check out

the rest of the site.

County of Santa Cr Serving the Community - Working for the Future Government Departments Living Working **Business Visiting** Custom Sea Health Services Agency (HSA) HSA Divisions - Health Alerts Reports & Statistics Job Opportunities **HSA Services** You are here: HSA Home » Employee Wellness Wellness Home - Get Active - Eat Well - Manage Stress Links Calendar Contact Us **About Us Employee Discounts** Newsletters **Pamphlet Library** Past Weekly Emails Wellness Committee Success Stories

#### 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 MONDAY** @ Emeline, **DECEMBER 10**<sup>th</sup> **AT NOON**.



**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). **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.

## Holiday Recipes



**Cranberry Crumble Bars** 



**Vanilla Candy Cane Peppermint Bars** 

#### Local Gym & Yoga Studio Discounts



#### 541 Seabright Avenue Santa Cruz Ca 95062

20% off the first month of any regularly priced packages – 5% off subsequent months if you continue with the program.

All new members receive 50% off a Boot Camp.

Free introduction to the gym and movement assessment.

Must show an employee badge, business card or pay stub to receive discount.

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



















Please click here for a link the detailed list of discounts.