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Healthy Holidays!*

Employee Wellness

**EMPLOYEE
WELLNESS**

County of Santa Cruz



Yoga Survey



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

Please follow this [link](#) to answer our quick and easy survey.

Health Tip

3 Tips for Healthy Holidays!

1. Eat

As many colorful fruits and veggies as you can! Go ahead: stuff yourself silly with delicious winter squash, citrus fruits, etc.!

2. Drink

As much water as you can, plus winter teas (ginger and lemon – YUM!), cranberry smoothies, and other fresh concoctions.

3. Be *Merry!*

At the end of the holidays, what you'll treasure most, and will build mental and physical health, is the love of friends and family! Enjoy!



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

Weekly Newsletters

Do you ever want to look back at a Weekly Wellness newsletter

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.



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 28th.** [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 Appetizer Recipes



[Everything Bagel Cheese Ball](#)



[Polenta Wedges with Tomato Tapenade](#)

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.

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



Please [click here](#) for a link to the detailed list of discounts.