## In this issue: Urban Riders Workshop - Tomorrow!

# Employee Wellness



#### Lunchtime Seminars

#### Santa Cruz

# Essential Exercise Tips (FREE Lunch) - FULL

Presented by Dignity Health

Thursday, January 24th from 12:00pm-12:50pm

@ 701 Ocean Street, 5<sup>th</sup> floor – Coastlines Room
This seminar is **FULL.** Please send an email to this <u>link</u> if you would like to be added to the waitlist. If space becomes available you will be contacted.

\*\*\*NOTE\*\*\* Due to the popularity of this seminar we have created a waitlist. As with all Employee Wellness seminars,

it is your responsibility to let us know within 24-48 hours if you cannot attend (48 hours if lunch is provided).

If you've registered and cannot attend please send an email to <a href="mailto:EmployeeWellness@santacruzcounty.us">EmployeeWellness@santacruzcounty.us</a> to let us know.

#### **Watsonville**

# Ergonomics: Learn Simple Solutions to Improve Your Work Environment (FREE Lunch)

Presented by Dignity Health

Tuesday, February 12<sup>th</sup> from 12:00pm-12:50pm

@ 18 W. Beach Street – 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 <a href="mailto:EmployeeWellness@santacruzcounty.us">EmployeeWellness@santacruzcounty.us</a> to let us know.

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**Ecology Action** and **General Services** are sponsoring a bike riding safety workshop on:

Wednesday, January 23, 2019 12:00–1:00 PM 303 Water St. (2<sup>nd</sup> Fl. Training Room)

Are you curious about how to ride your bike safely and confidently?

Ever wonder what the rules of road are and how you fit in on a bike?

How about gear selection, locking your bike properly, riding at night, or how to pick a good bike route across town?

Find the answers to these questions and more at this urban riding workshop.

Free Lunch provided for those who RSVP! Space is limited to 35

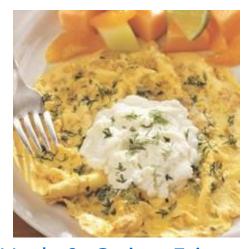
To register, **click here**.

Questions? Contact Matt Miller at mmiller@ecoact.org

#### Health Breakfast Recipes



**Creamy Wheat Berry Hot Cereal** 



Herb & Onion Frittata

### Yoga Pilot Programs



Yoga @ 701 Ocean St. & Yoga @ Probation

Our pilot programs are currently on hiatus. Please check back for updated information.

#### 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). The next meeting is January 25<sup>th</sup>. 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

#### **HOW MUCH SLEEP DO WE NEED?**

The amount of sleep each person needs depends on a variety of factors, including age.



#### Local Gym & Yoga Studio Discounts

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

























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