

*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, 5th floor – Coastlines Room

This seminar is **FULL**. Please send an email to this [link](#) 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 EmployeeWellness@santacruzcounty.us to let us know.

Watsonville

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

Presented by Dignity Health

Tuesday, February 12th 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 EmployeeWellness@santacruzcounty.us 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. (2nd 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 **2nd and 4th Friday** of each month from 12:00-1:00pm – 1400 Emeline (East Patio). **The next meeting is January 25th. 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:



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY





Breath + ONENESS
yoga • personal growth • community



SANTA CRUZ
YOGA



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