

*In this issue: Easy Healthy Eating, and
much more!*

Employee Wellness



Lunchtime Seminars

Santa Cruz

Get Out Of Pain And Back Into Life
(FREE Lunch)- FULL

Presented by Dignity Health

Tuesday, March 19th from 12:00pm-12:50pm



@ 701 Ocean Street – Rm 510 (Coastlines)

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.

Wellness Talks by Dignity Health



Attend a Free Wellness Presentation on Your Lunch Break!

Get Informed • Get Fed • Get Free Stuff!

Wellness Talks

Brought to you by Dignity Health Medical Network, formerly Physicians Medical Group of Santa Cruz


<p>ERGONOMICS: Learn simple solutions to improve your work environment.</p> <p>TUESDAY FEBRUARY 12 12 - 12:45p.m. 18 W. Beach St., Watsonville</p>	<p>GET OUT OF PAIN AND BACK INTO LIFE!</p> <p>TUESDAY MARCH 19 12 - 12:45p.m. 701 Ocean St., Santa Cruz 5th floor - Coastlines Rm</p>	<p>GET OUT OF PAIN AND BACK INTO LIFE!</p> <p>TUESDAY APRIL 9 12 - 12:45p.m. 1080 Emeline Ave., Santa Cruz, Large Auditorium</p>
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RSVPs are appreciated so we can be sure to order enough lunch.

RSVP: www.santacruzhealth.org/EmployeeWellness
Click on the event within the calendar to RSVP.

Find us on Facebook or follow us on Twitter.

facebook.com/pmgsantacruz twitter.com/pmgsc instagram.com/pmgofsantacruz

 **Dignity Health Medical Network.** Dignity Health Medical Network • www.pmgsc.com • 831.465.7800

To register, click [here](#).

Healthy Eating



See how easy healthy eating can be

Overwhelmed by conflicting nutrition and diet advice? The truth is, eating healthy isn't hard – and you don't have to live on salads, buy expensive supplements, or swear off snacks forever. Small healthy changes can make a big difference over time.

Eat in season

In-season fruits and veggies are at peak flavor, nutrition, and supply. Seasonal eating is typically more affordable and sustainable – and makes it easy and delicious to get more fresh produce onto your plate.

DIY

Cook at home to be the master of your own healthy destiny. By controlling fat, sugar, and salt, home cooks tend to eat healthier than people who eat out more often – even when they're not trying to change their eating habits.

Expand your horizons

Healthy eating doesn't have to be bland. Experiment with herbs and spices for high-impact, low-calorie flavor. Or try nutritious twists on foods you love – like spaghetti with zucchini noodles, or taco lettuce wraps.



Weight Loss Digital Campaign

Join us on a six-week journey towards a healthy weight.

Each week, you'll receive interesting weight loss insights and valuable tips via email.

Sign up now and receive your first
email on March 1, 2019.

[Subscribe to the Weight Loss
campaign](#)



Snack Recipes



[Chicken & White Bean Salad](#)



[Ravioli & Vegetable Soup](#)

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 Friday, March 8th. 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.

Yoga Pilot Programs



The results are in!

We had over 100 responses to the Yoga Survey.

The consensus is that lunch time yoga classes and Monday & Wednesday classes are preferred.

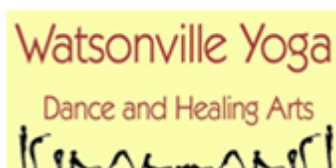
Thank you to everyone who responded to
our Yoga Survey.

We are looking at your feedback and
working on a solution.

Please keep your eyes on the Employee
Wellness newsletter for updated
program information.

Local Gym & Yoga Studio Discounts

**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.