

*In this issue: April is Stress Awareness  
Month! Zumba starts April 30<sup>th</sup> @  
Emeline!*

# Employee Wellness



# Lunchtime Seminars

## Santa Cruz

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

*Presented by Dignity Health*

**Tuesday, April 9<sup>th</sup> from 12:00pm-12:50pm**

@ 1080 Emeline – Large Auditorium

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](mailto:EmployeeWellness@santacruzcounty.us) to let us know.



**What is Stress?** - Stress is the body's reaction to harmful situations -- whether they're real or perceived.

When you feel threatened, a chemical reaction occurs in your body that allows you to act in a way to prevent injury.

This reaction is known as "fight-or-flight," or the stress response.

**What Are the Symptoms of Stress?** - Stress can affect all aspects of your life, including your emotions, behaviors, thinking ability, and physical health. No part of the body is immune to stress.

But, because people handle stress differently, symptoms of stress can vary. Symptoms can be vague and may be the same as those caused by medical conditions. So it is important to discuss them with your doctor.

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# Vegan Salad Recipes



[Caribbean Couscous Salad](#)



**Vegan Potato Salad**

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# **Zumba – Pilot Program**

**County of Santa Cruz Employee Wellness**

# **ZUMBA**

**Lunchtime  
Tuesdays**

**12:10 -12:50pm**

**1080 Emeline** (Large Auditorium)

**April 30—July 30**

**Pilot Program**

**\$5 donation**



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**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.



**EMELINE LUNCHTIME ZUMBA RETURNING:** Zumba is returning to the Emeline Campus – Building 1080, large auditorium. Starting Tuesday, April 30<sup>th</sup> from 12:10-12:50pm. \$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 Friday, April 12<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.

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# Yoga Pilot Programs



Stay tuned – we're working on adding a yoga class.

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# 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



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