

**In this issue:** Look inside for your chance  
to win \$7,500! American Red Cross  
Blood Drive!

# Employee Wellness



# Healthy Challenge



**Cruz thru the County  
Fitness Challenge 2.0**

**Mark your calendars!  
May 2019**

our 2nd annual fitness challenge for Santa Cruz County employers! We are making it easy for you to get ready for summer by inviting  
e. We have created a virtual walk through Santa Cruz County that you can access on your computer, smartphone or tablet:

starts May 6th and ends May 31st.

As you walk, you will learn interesting health tips, receive informative health e-mails, see your avatar move along the virtual route and reach milestones. At the end of the challenge, we will have a random drawing to award a lucky participant a **\$50 gift card!**  
smartphone, Fitbit, pedometer, etc. (Other activity can be translated into steps.)

**So what are you waiting for?**

**Lace up your shoes, invite a co-worker and take a walk!**

To join, simply go to <https://us.mywellsite.com/acw/SantaCruz>  
and click on sign up.

For more instructions to sign up or to share with your co-workers, just let me know! [Email Lisa McGrath, DHMN Community Liaison](mailto:lisa.mcgrath@dhmn.com)

**YOU**

**COULD WIN**

**\$7,500!**



**YOU COULD WIN \$7,500**

*No, that's not a typo. Ditch your car and ride a bike during the month of May for a chance to win \$7,500 in cold, hard cash. In addition, you could also ride away with a 2019 e-bike by participating in Bike to Work Day on Thursday, May 9th. What's not to love about that?*

Click [here](#) to register

---

# **Zumba – Pilot Program**



**Lunchtime Tuesdays**

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

**1080 Emeline Ave. – Large  
Auditorium**

**April 30<sup>th</sup> – July 30<sup>th</sup>**

**About the instructor: Andrea Solano has been dancing ever since she can remember, and she absolutely loves teaching Zumba classes. She said, “the reason is simple: It’s a great outlet to let loose and have fun! It incorporates music, dance, and no experience is necessary!”**

**Come join the fun in this Latin focused Zumba class.**

**\$5 donation accepted**

---



# **May is National Physical Fitness & Sports Month**



**Join a gym, yoga  
studio or simply start  
your own exercise  
routine.**

# The following gyms and yoga studios offer discounts to County of Santa Cruz employees:



Breath+ONENESS  
yoga • personal growth • community



SANTA CRUZ  
YOGA



Watsonville Yoga  
Dance and Healing Arts



CROSSFIT



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



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



# Health & Lifestyle Expo 2019



11th Annual  
**Health & Lifestyle Expo  
for Women** 

Santa Cruz County ladies – you deserve to feel good in your body, mind, and spirit. Are you looking to improve your health, get more active, eat better, and achieve overall wellness? Then this night is all about YOU.

Offered at **NO CHARGE**. [Click here to register.](#)

Wednesday, May 15, 2019: 5 — 8 p.m.  
Cocoanut Grove, 400 Beach Street, Santa Cruz

Enter to win our raffle grand prize: \$500 gift certificate to Yoso Wellness Spa!



**Dignity Health**®

Physicians | Nurses | Hospitals

# New Yoga Pilot Program



**Mondays @ Lunchtime**

**WE STILL HAVE SPACE – SIGN UP NOW!**

## Yoga @ 701

12:10-12:50pm

**701 Ocean St. ~ Coastlines Conference Room – 5<sup>th</sup> Floor**

Join Zoë Kosovic, RYT 200 for this lunchtime yoga class. Zoë's approach to teaching yoga reflects the human

need for play, creative experimentation, and connection to the natural world. Through her own body, she has learned

that because every body is unique, every practice looks different. This is an all levels yoga class. Wear comfortable clothes and bring a mat.

\$5 donation accepted.

**DUE TO SPACE LIMITATIONS - YOU MUST SIGN UP TO ATTEND YOGA @ 701.**

**[Click here to sign up.](#)**

If you intend to register for each date, you'll have to do so individually.

---

---

# Recipes of the Week



[Vegan No-Bake Cookies](#)



[Chewy Chocolate Cookies](#)

---

---

—

# 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:** Join us Tuesdays @ lunch (12:10-12:50pm) – Emeline Campus, 1080 Emeline Ave.,

large auditorium. This is a pilot program which will run through July 30<sup>th</sup>. \$5 donation accepted.

---

---

---

# **American Red Cross Blood Drive**



*Give blood.*

Every 2 seconds someone  
in the U.S. needs blood.

**American Red Cross**



**County of Santa Cruz Blood Drive**  
**Sponsored by Health Services Agency**

Located in the basement auditorium  
1080 Emeline Ave. Bldg. D, Santa Cruz, CA 95060

**Tuesday, May 28, 2019**  
**10:00 a.m. – 3:00 p.m.**

To schedule your appointment or for more information visit [redcrossblood.org](http://redcrossblood.org) and  
enter sponsor code: CRUZ or call 1-800 RED CROSS (1-800-733-2767)

**Come to donate and get an exclusive Red Cross T-shirt, while supplies last!**

**Give May 1-June 10 and get a \$5 Amazon.com Gift Card\* by email.**  
**\*rcblood.org/together**

If you have questions regarding your eligibility to donate blood,  
please call 1-866-236-3276.

1-800-RED CROSS | 1-800-733-2767 | [redcrossblood.org](http://redcrossblood.org) | Download the Blood Donor App

©2016 The American National Red Cross

