

---

**From:** Employee Wellness  
**Sent:** Monday, September 14, 2020 4:58 PM  
**To:** County Staff  
**Cc:** Michelle Moore  
**Subject:** NEW - Virtual Yoga w/Leslie Goodfriend (Wednesday's 7-8pm, via ZOOM)

**In this issue: Identity Theft Services and EAP Benefits,  
Apple Recipes and more.**

# Employee Wellness



---

# Virtual Yoga Resources



## **Virtual yoga resources from our local community and yoga studios**

### **NEW Virtual Yoga w/Leslie Goodfriend – Wednesday’s 7-8pm**

Donation based \$0-\$15. This is a beginner+ class. Have a yoga mat or towel, one or two blankets, and one or two pillows.

To access this course – please use the following link.

<https://ucsc.zoom.us/j/91641890819?pwd=YlhBMXVQMhF3TktsbGRrRnM4RU5UZz09>

Meeting ID: 916 4189 0819

Passcode: 986355

### **Yoga with Kristal Caballero – (ongoing) Tuesdays @ 5:30pm in August**

Join HSA employee Kristal Caballero on Tuesday in August for stress-relieving, energizing yoga classes designed for these times.

**Class Description:** Treat yourself in this heart opening, strengthening, and grounding 75-minute yoga class. All levels welcome, this class is designed to relieve stress from the mind and tension from the body. Bring a yoga mat or towel, one or two blankets, and one or two pillows.

Donation based \$0-\$15. All are welcome - no one ever turned away.

**Kristal's class schedule and registration links here.**

Donations can be made through Venmo or Paypal:

Venmo: @KristalCaballero Last 4 digits of phone: 8941

Paypal: [kristal.caballero@gmail.com](mailto:kristal.caballero@gmail.com)

***Ongoing Yoga, Relaxation & Meditation Resources:***

[Santa Cruz Yoga](#) – check out their online class offerings

[Luma](#) – offers Virtual Wellness (yoga, breathing, meditation, etc.)

[Luma Yoga Online Practice Library](#) – a variety of videos of yoga and breathing exercises

[Yoga for All Movement](#)

---

---

# Farmer's Market



**We're lucky to have fresh produce, grown locally, available to us at multiple locations throughout the county!**

**Check out the online Farmer's Market at [Eatlocal.farm](https://eatlocal.farm) where 100% of product sales go to the farmers. You can also get fresh local fish and skip the grocery store.**

**Learn more [here](#).**

**Check out the local Farmer's Market too – don't forget to bring a mask.**

**Downtown Market:** 1pm-5pm on Wednesdays

**Westside Market:** 9am-1pm on Saturdays

**Live Oak:** 9am-1pm on Sundays

**Felton:** 1pm-5:30pm on Tuesdays

**Scotts Valley:** 9am-1pm on Saturdays

**Aptos:** 8am-12pm on Saturdays

**Watsonville:** 3pm-7pm on Fridays

---

---

# Apple Recipes



**Grilled Apple Tossed Salad**



**Apple Chicken Curry**





# Mental Health Corner



***Mental Health America*** has compiled a range of resources and information to assist you during this stressful time. Mental health information and resources related to COVID-19, isolation, anxiety, stress, and more can be found here:

<http://mhanational.org/covid19>

**US Department of Health & Human Services** website offers tips for coping after traumatic events and disasters. Many of our community members are evacuated from their homes and many have suffered the loss of their homes. All of us are experiencing this traumatic event in some way and it is important to take care of ourselves in the coming days and months. To learn more about coping with traumatic events and disasters from a mental health standpoint visit the US Department of Health & Human Services website [here](#).

---

---

# Employee Assistance Program (EAP)



## Identity Theft Recovery Services

Identity theft is one of the nation's fastest growing crimes, and it can be both financially and emotionally devastating. Call MHN today for information on how to protect yourself!

**If you have been victimized, we can help.** Call right away to receive a 30-minute consultation with a certified consumer credit counselor who can assess your situation, create an action plan and provide the knowledge and tools to implement that plan effectively. If there is a potential of ID theft, we will warm transfer you to an identity recovery specialist who can advise you on how to place fraud alerts, freeze credit, file police reports, and conduct other activities necessary to resolve fraud.

**For more information... login to MHN Employee Assistance Program:**

**[members.mhn.com](https://members.mhn.com)**

**Select MHN EAP Employee Assistance Program Resources**

**Company code: [santacruz](#)**