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**From:** Employee Wellness  
**Sent:** Monday, March 07, 2022 5:13 PM  
**To:** County Staff  
**Subject:** Healthy Activities Outside the Gym

**In this issue: Take a Rainbow Walk, Vegan Lunch Recipes  
and more.**

# Employee Wellness



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# Meditate!

# TAKE A RAINBOW WALK

While walking outside, take a moment to look around you and see if you can spot every color of the rainbow.



#DeStressMonday

DeStressMonday.org

**DESTRESS  
MONDAY**

[Click here](#) to learn more.

# Stretch!

## Fun Family Fitness

No stretching, know injury. Know stretching, no injury.



#MoveItMonday

MoveItMonday.org

**MOVE IT  
MONDAY!**

[Click here](#) to learn more.

# Health & Wellness Webinars



Please note: You do not have to be a member of Kaiser to attend a Kaiser webinar, or a Sutter member to attend Sutter webinars...etc. If registration requires an email address, please use your county email address.

**Sutter Health**

*For Access to other Pre-Recorded webinars, please click on the link below.*

[Click here](#) for access.

## **Blue Cross/Blue Shield**

[Click here](#) for access - Eat a Rainbow of Colors (pre-recorded)

[Click here](#) for access - Eating to Boost Immunity

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# **Crossover Activities**



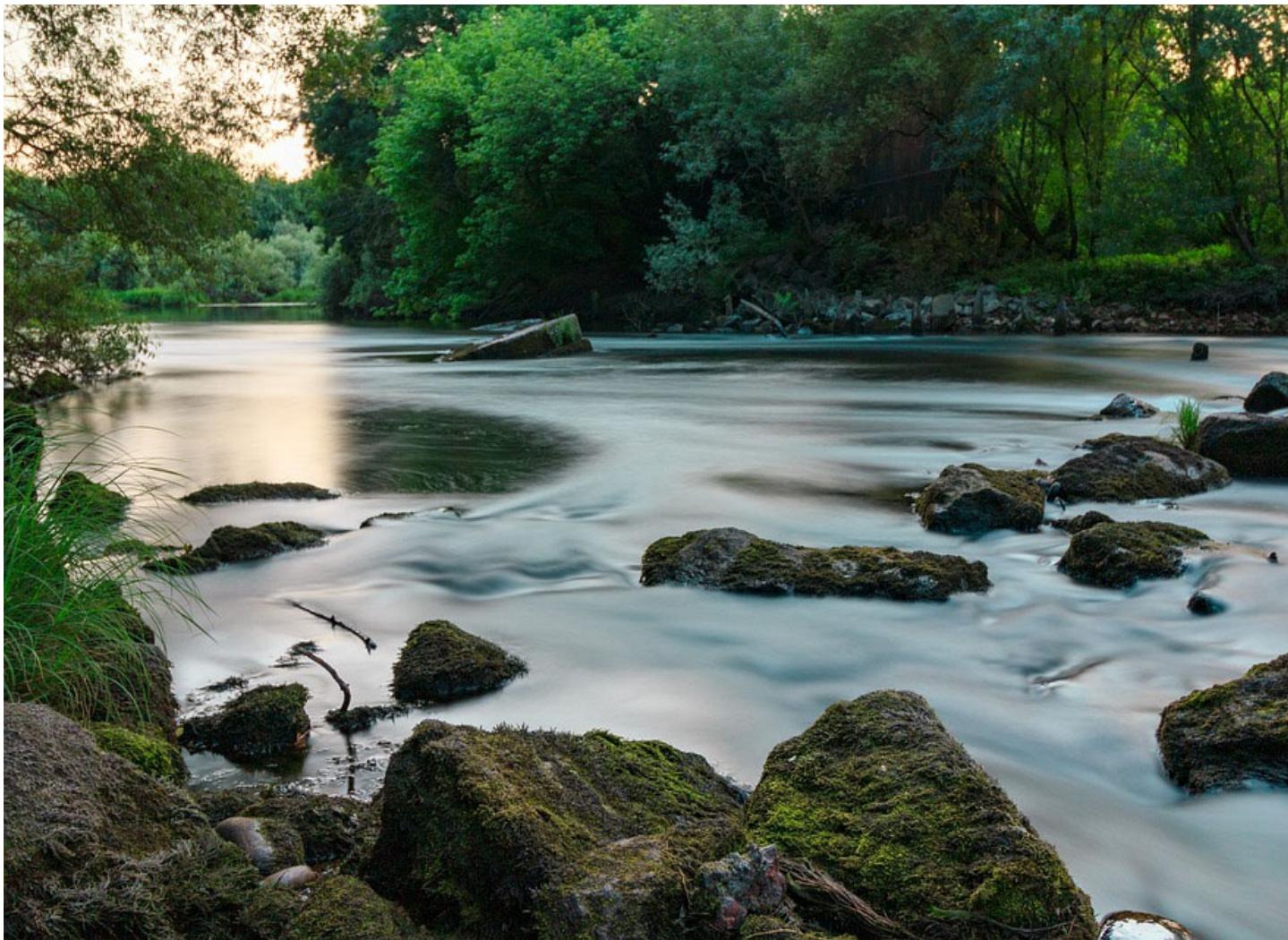


Do you ever get bored going to the gym? You can change up your fitness regime by simply enjoying activities outside the gym. You CAN get a full body workout outside of the gym with many of the following activities and those that don't give a full-body workout will at least be fun; Kayaking, Hiking, Biking, Ultimate Frisbee, Tag, Skiing, Rock Climbing, Bowling, Martial Arts and more.

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# Yoga Resources



## Virtual yoga resources from our local community and yoga studio

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### Virtual Yoga class w/Leslie Goodfriend – Wednesdays 7-8pm

This is a beginner+ class. Have a yoga mat or towel, one or two blankets, and one or two pillows.

**Donation based \$0-\$15.**

**VENMO - @Leslie-Goodfriend**



To access this course – please use the following link.

<https://us02web.zoom.us/j/87891031412?pwd=dXJtQUxOSUdUaDB2eGhkbU84bXRoQTog>

Meeting ID: 878 9103 1412

Passcode: 502478

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*Ongoing Yoga, Relaxation & Meditation Resources:*

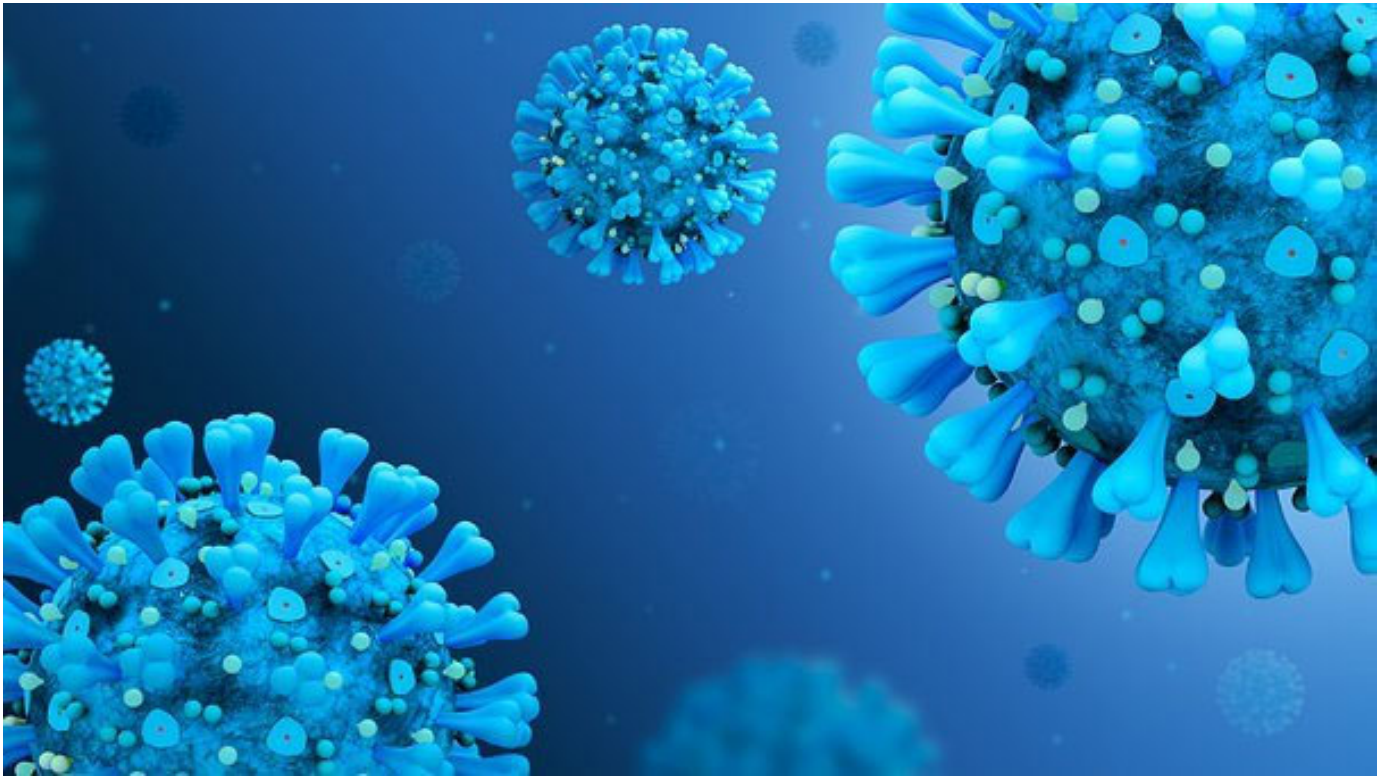
[Santa Cruz Yoga](#)

[Yoga for All Movement](#)

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# COVID Vaccine/Booster/Testing/Test Info



## Covid-19 Vaccine

Do you need to get yours? There are many ways to get a vaccination, without waiting. [Click here](#) to view options.

### Vaccine Information from the CDC

[Pfizer](#)

[Moderna](#)

[Johnson & Johnson's Janssen](#)

## Covid-19 Boosters

If you are 18 and older and have previously been vaccinated against COVID-19 (at least 5 months after your 2<sup>nd</sup> dose\*\*) you are eligible for a booster shot in California.

[Click here](#) to learn more from the CDC.

\*\*at least 2 months ago if you were vaccinated with the J&J vaccine.

## Covid-19 Tests

Starting January 19<sup>th</sup>, you can order a set of free FDA approved rapid antigen tests by following this link:

<https://www.covidtests.gov/>

## Covid-19 Testing Info (not for work compliance)



GET TESTED

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Many testing sites listed have restricted access. Please call ahead to determine testing eligibility.

Some CVS Pharmacies are conducting COVID-19 testing. Click here to find out more:

<https://www.cvs.com/minuteclinic/covid-19-testing>

Walgreens, 1718 Soquel Ave. Santa Cruz:

<https://www.walgreens.com/findcare/covid19/testing>

Additional California testing locations can be found here:

<https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html#ca>

<b>Doctors on Duty – Santa Cruz</b> <a href="#">615 Ocean St.</a> Santa Cruz, CA 95060 Mon-Fri, 10am-4:30pm, Sat-Sun: 9am-3pm Phone: 831-425-7991	<b>Doctors on Duty – Watsonville</b> <a href="#">1505 Main St.</a> Watsonville, CA 95076 Mon-Fri, 10am-4:30pm, Sat-Sun: 9am-3pm Phone: 831-722-1444	<b>Doctors on Duty – Aptos</b> <a href="#">6800 Soquel Dr.</a> Aptos, CA 95003 Mon-Fri, 9am-3pm, Appointment only – through Doctors on Duty website Phone: 831-662-3611
<b>Kaiser Permanente – Watsonville</b> <a href="#">1931 Main Street</a> Watsonville, CA 95076 Monday: 1:30pm-4:45pm Friday: 9:00am - 12:15 pm, 1:45pm- 4:30pm 831-768-6600 <b>For members, by appointment only</b>	<b>Sutter Health/PAMF - Santa Cruz</b> <b>Urgent Care</b> <a href="#">2025 Soquel Avenue</a> Santa Cruz, CA 95065 Mon-Wed, Fri 8am-2pm, closed for lunch 12-12:30pm Sat 8:00am- 12:00pm 831-458-5537 Appointments through myhealtonline only, Sutter patients only, PCR tests only	<b>Sutter Health/PAMF - Watsonville</b> <b>Urgent Care</b> <a href="#">550 S. Green Valley Road</a> Watsonville, CA 95076 Mon-Sun 8am-5pm 831-458-5865 Appointments through myhealtonline only, Sutter patients only, PCR tests only
<b>County Health Center-Santa Cruz</b> <a href="#">1080 Emeline Avenue</a> Santa Cruz, CA 95060 Monday-Friday 8am-4:30pm 831-454-4100	<b>Santa Cruz Community Health</b> <b>Centers</b> <a href="#">21507 E Cliff Drive</a> Santa Cruz, CA 95062 Mon-Thurs 8am – 8 pm, Fri 8am – 4 pm 831-427-3500	<b>Cabrillo College Student Health</b> <b>Center</b> <a href="#">6500 Soquel Drive.</a> Aptos CA 95003 Mon-Thurs 9am-3pm 831-479-6435 <a href="mailto:healthservices@cabrillo.edu">healthservices@cabrillo.edu</a>

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# Farmer's Market





**Our Farmer's Markets provide a resource for fresh, in-season produce, grown locally, and available to us at multiple locations throughout the county!**

**The online Farmer's Market, EATLOCAL is back... check out their website [here](#).**

Check out the local Farmer's Market – and 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:** 1-6pm Tuesdays

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

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

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

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# Vegan Lunch Recipes





## Vegan Egg Salad Sandwich





## Vegan Quiche



## Vegan Tuna Salad

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# 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](#).

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# Employee Assistance Program (EAP)



## Financial Services

Are you struggling to curtail your debt or develop a monthly budget?  
Are you working towards major financial goals - like buying a house,  
sending kids to college or ensuring a comfortable retirement?

We're here to help. With telephonic assistance and referrals to  
qualified financial counselors and educators, MHN can help you gain  
control of your financial life.



**You are eligible for as many telephonic financial consultations as you need per separate financial issue.**

**Issues covered include:**

- Credit counseling
- Debt and budgeting assistance
- Financial planning for college
- Retirement planning

**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](#)**