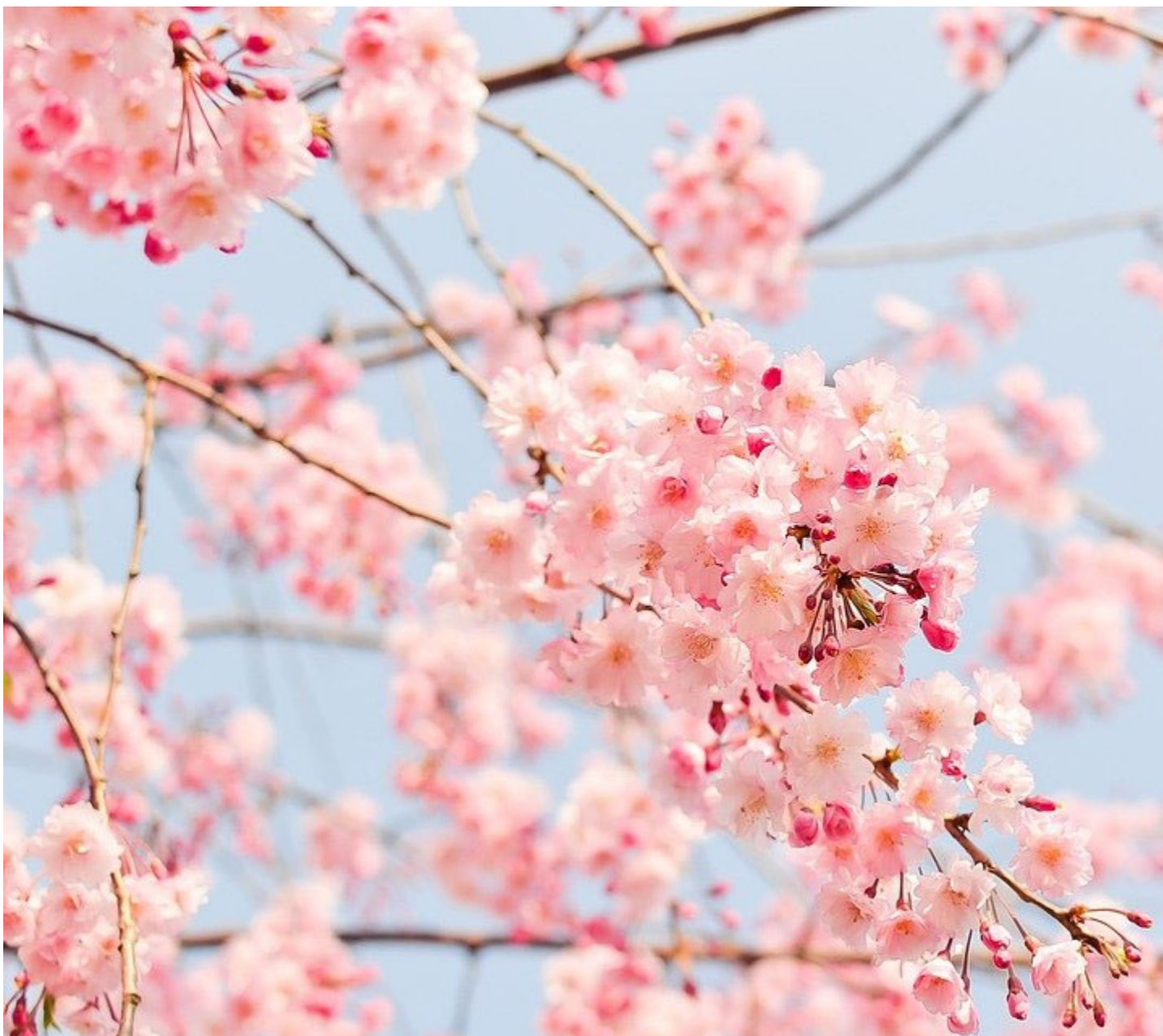


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**From:** Employee Wellness  
**Sent:** Monday, March 21, 2022 4:58 PM  
**To:** County Staff  
**Subject:** New - Health & Wellness Podcasts

**In this issue: Belly Breathing, Pre & Post Workout Foods,  
Gluten-Free Recipes and more.**

# Employee Wellness



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# **Belly Breathe!**

# USE BELLY BREATHING TO STAY CALM DURING STRESSFUL SITUATIONS.

This Monday, try belly breathing to calm your mind and body.

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly is expanding and not your chest. Exhale through your mouth for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body while your mind becomes calm.



#DeStressMonday

DeStressMonday.org

**DESTRESS  
MONDAY**

[Click here](#) to learn more.

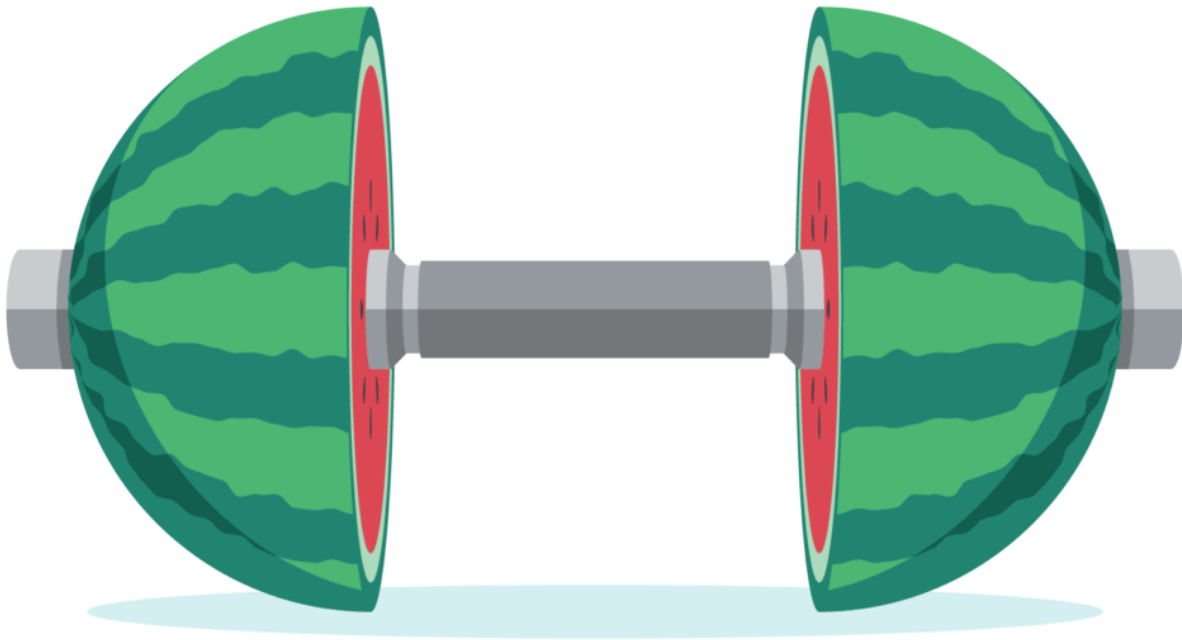
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# Pre/Post Workout Foods!

**This Monday, fuel your workout with the right foods.**

What you eat before and after exercise can keep you energized and help with strength building and recovery.



#MoveItMonday

MoveItMonday.org

**MOVE IT  
MONDAY!**

[Click here](#) to learn more.

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# Bike Commuting 101



Photo: Josh Becker Photography



# Bike Commuting 101 Virtual Workshop

## ATTENTION DOWNTOWN EMPLOYEES!

Are you ready to take your commute to the next level? Or are you just ready to give your wallet a break from rising gas prices? In this webinar, learn about bike commuting basics including hauling gear, what to look for in a solid commuting bike, riding while "business casual," rush hour rules of the road and more.

As Santa Cruz County expands its network of protected bike lanes and paths, now is the perfect time to explore commuting by bike.

Staff from Ecology Action will share the need-to-knows of bike commuting, troubleshoot your commute and after-work errands, and help cyclists of all levels plan for a safe and satisfying ride.

For more information on the GO Santa Cruz program and available benefits, visit [GOSantaCruzCounty.org](https://www.gosantacruzcounty.org). This free virtual workshop is offered to all downtown employees as part of GO Santa Cruz, a transportation program that provides downtown employees with commute alternatives to single-occupant car trips.

**Wednesday  
March 23**

Noon-1:00pm


[ecoact.org/GOSC-bikecommuting](https://ecoact.org/GOSC-bikecommuting)

**FREE BIKE LIGHTS  
AND HELMETS  
FOR ALL ATTENDEES\***

Questions?

Contact Jordynn Dorado  
[jordynn.dorado@ecoact.org](mailto:jordynn.dorado@ecoact.org)



 GoSantaCruzCounty

\*must be an employee of a business in the Downtown Santa Cruz Parking District and enrolled in Go SC on [my.cruz511.org/s/gosantacruz](https://my.cruz511.org/s/gosantacruz)



# 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

**Kaiser**

**\*\*NEW Podcasts\*\***

[Click here](#) for access to this podcast - Practicing Culinary  
Medicine

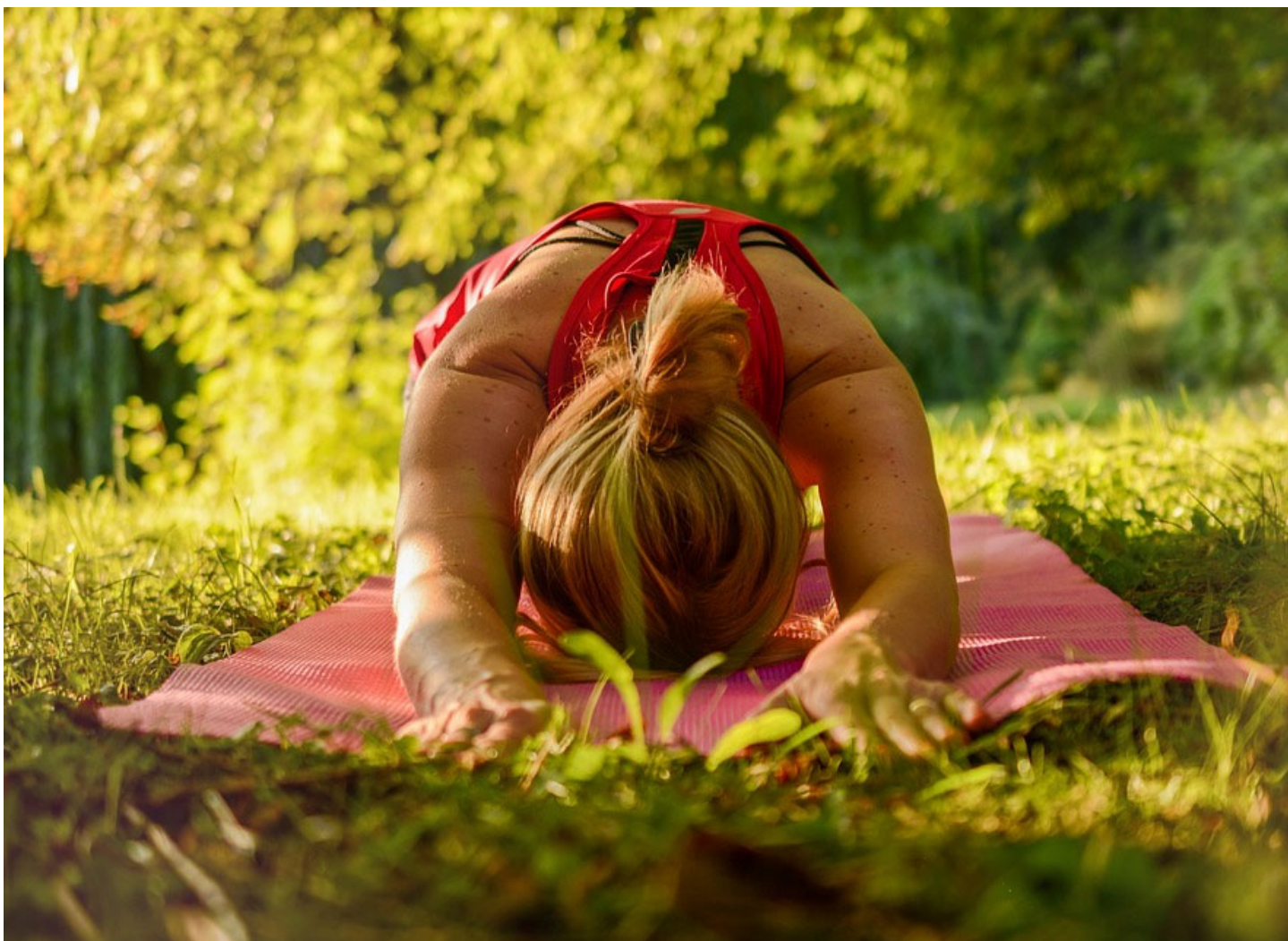
[Click here](#) for access to this podcast - Finding Calm and  
Resilience

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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>



**Doctors on Duty – Santa Cruz****[615 Ocean St.](#)**

Santa Cruz, CA 95060

Mon-Fri, 10am-4:30pm,

Sat-Sun: 9am-3pm

Phone: 831-425-7991

**Doctors on Duty – Watsonville****[1505 Main St.](#)**

Watsonville, CA 95076

Mon-Fri, 10am-4:30pm,

Sat-Sun: 9am-3pm

Phone: 831-722-1444

**Doctors on Duty – Aptos****[6800 Soquel Dr.](#)**

Aptos, CA 95003

Mon-Fri, 9am-3pm,

Appointment only – through Doctors  
on Duty website

Phone: 831-662-3611

**Kaiser Permanente – Watsonville****[1931 Main Street](#)**

Watsonville, CA 95076

Monday: 1:30pm-4:45pm

Friday: 9:00am - 12:15 pm, 1:45pm-  
4:30pm

831-768-6600

**For members, by appointment only****Sutter Health/PAMF - Santa Cruz****Urgent Care****[2025 Soquel Avenue](#)**

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**Sutter Health/PAMF - Watsonville****Urgent Care****[550 S. Green Valley Road](#)**

Watsonville, CA 95076

Mon-Sun 8am-5pm

831-458-5865

Appointments through myhealtonline  
only, Sutter patients only, PCR tests  
only**County Health Center-Santa Cruz****[1080 Emeline Avenue](#)**

Santa Cruz, CA 95060

Monday-Friday 8am-4:30pm

831-454-4100

**Santa Cruz Community Health  
Centers****[21507 E Cliff Drive](#)**

Santa Cruz, CA 95062

Mon-Thurs 8am – 8 pm,

Fri 8am – 4 pm

831-427-3500

**Cabrillo College Student Health  
Center****[6500 Soquel Drive.](#)**

Aptos CA 95003

Mon-Thurs 9am-3pm

831-479-6435

**[healthservices@cabrillo.edu](mailto:healthservices@cabrillo.edu)**

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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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# Gluten Free Recipes





## Buckwheat Zucchini Muffins



## One Pan Fish & Vegetables



[No-Bake Vegan Lime Cheesecake](#)

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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)



## PERSONALIZED WELLNESS COACHING

Our wellness coaching services offer extra support when you're ready to change your life – helping you make a plan, and then offering the support, resources and accountability you need to succeed.



Our certified coaches can help you with all sorts of health issues, including:

**Weight management ~ Smoking cessation ~ Fitness and exercise ~ Stress management ~ Overall lifestyle improvement ~ Lifestyle support for chronic conditions such as asthma, diabetes, and cardiovascular disease**

## **How to enroll**

Please contact MHN at 800-242-6220 TTY/TDD callers: 1-800-526-7014, Monday through Friday, 7:00 a.m. to 7:00 p.m. Pacific time; all other times, call 1-800-327-0801. We'll help you schedule an initial goal-setting consultation with your coach. This phone call usually lasts about 45-60 minutes. Because this is a highly personalized program, you and your coach will decide what kind of help you need to reach your goals. You can:

- Schedule follow-up calls with your coach (participants average about four 15-30 minute consultations).
- Reach out as needed via phone, email or IM (coaches are available Monday through Friday, 7:00 a.m. to 8:00 p.m. Eastern time).
- Access multimedia programs, health assessments, menu planners, fitness trackers, and more through a secure, personalized web portal.
- Receive personalized emails and coach-chosen materials.

**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](#)