

# EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



## MONARCH BUTTERFLIES

Natural Bridges is a winter haven for the beautiful Monarch butterfly. From October to February, the migratory generation Monarch butterflies (this generation lives up to 8 months as opposed to their first, second and third generation cousins who live 2-5 weeks) overwinter right here in Santa Cruz. They tuck themselves into the Monarch Grove at Natural Bridges and stay until the February/March, when they mature and the reproduction cycle starts again. If you haven't visited the Monarch Grove – it is definitely worth the trip to the westside. Click [here](#) for more info.

## LOCAL FALL HIKES

Take a hike through [Henry Cowell State Park](#) this Fall – it is not just a redwood forest. Henry Cowell is home to Western Sycamores, Big-Leaf Maple, Box and White Alder and a variety of Willow's to name a few. You'll definitely experience fall colors on a hike through Henry Cowell. If south county is more convenient to you, hike through [Nisene Marks](#) – home to Big Leaf Maples, Boxelders and more.



## Casserole Recipes

Why a casserole? They are easy put together, easy to clean up and taste so good. They are especially great as a Thanksgiving side dish. Try one of these recipes for your Thanksgiving/Friendsgiving or whatever gathering you have during this Fall season. [Green Bean Casserole](#), [Sweet Potato Casserole](#), and [Vegan 7 Layer Dip](#).

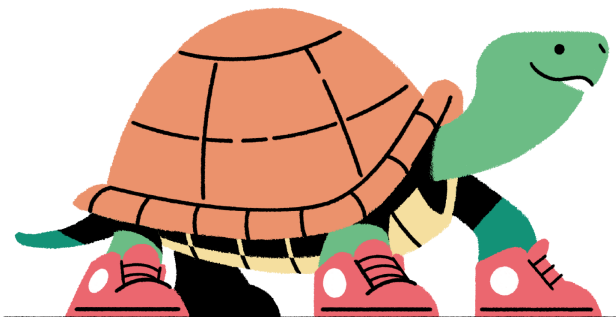


“We must find time to stop and thank the people who make a difference in our lives.” – John F. Kennedy

## Move It Mondays

### THIS MONDAY, START SLOW TO BUILD UP TO YOUR BEST WORKOUT

Tune into your body so you can learn your limits. That way you'll increase your physical fitness at a safe pace.



#MoveItMonday

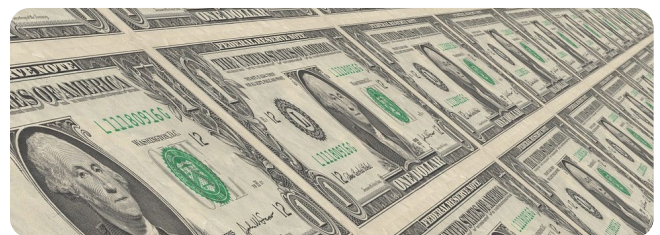
MoveItMonday.org

**MOVE IT MONDAY!**

### 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 or sending kids to college? 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, and retirement planning.

For more information log into MHN EAP by clicking [here](#). Use company code: **santacruz**



“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.” — Helen Keller