EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.

SANTA CRUZ, CA

BIKETOBER

FEELING THE #BIKELOVESC?

The bi-annual Santa Cruz County Bike Challenge is back! Ride for a chance to win a $100 gift card every week and increase your chances for the $1,000 individual prize! Don't miss the Group Commute Bike Ride on October 26th – sign up early as space is limited. To learn more about Biketober and all the events planned, please click here.

OPEN ENROLLMENT – 2023 PLAN YEAR

All forms (including DocuSign Forms) will ONLY be accepted from 8:00AM on September 19th to 5:00PM on October 14th.

Do you have questions about Open Enrollment? Please contact the Benefits Unit at benefits.questions@santacruzcounty.us, or by phone at 831-454-2241.

Click here to learn more.

Apples fall!

Yes, we're still talking about apples...it's that time of the year. If you haven't been to the Farmer's Market lately, go!   The apple selection is amazing and they're so fresh you wonder why you ever buy from the grocery store. And try some of these delicious apple recipes: <u>Farro Salad w/Apples & Almonds</u>, <u>Fall Harvest Power Bowl</u>, <u>Apple Mango Salsa</u>, and <u>Homemade Apple Pie Lärabars</u>
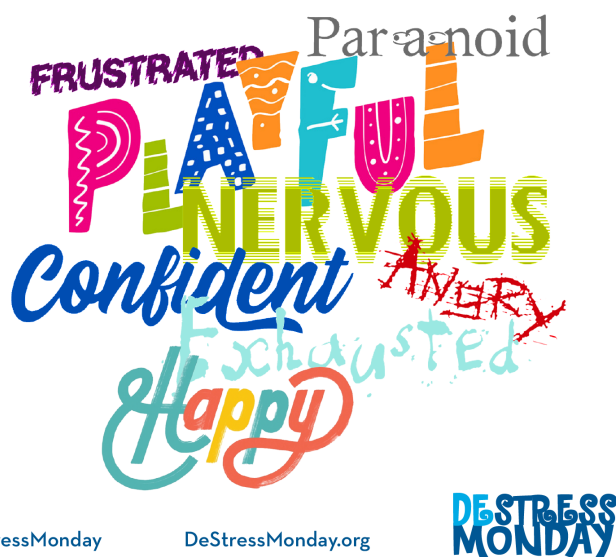
"You only live once, but if you do it right, once is enough." — Mae West

Destress Mondays

IDENTITY THEFT

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Identity theft is one of the nation's fastest growing crimes, and it can be both financially and emotionally devastating. If you have been victimized, the EAP 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. For more information log into MHN EAP by clicking <u>here</u>. Use company code: santacruz

PUT YOUR FEELINGS INTO WORDS.

Saying or writing down your emotions can help you process them better.

FRUSTRATED Par-a-noid PLAYFUL NERVOUS Confident ANGRY Exhausted Happy

#DeStressMonday   DeStressMonday.org   DeStress MONDAY

"The first wealth is health." – Ralph Waldo Emerson