

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



STRESS REDUCTION

FEND OFF HOLIDAY STRESS

The holiday season is a time to enjoy and appreciate [family and friends](#). Unfortunately, with so many pressing priorities, we get caught up in the stress of the season. Take a break, say no, create relaxing surroundings and let go of [perfect](#). For more tips, please click [here](#).



GIVING BACK

VOLUNTEERING / DONATING

Another way to approach the holiday season is to give back by volunteering or donating to families in need. There are many ways to get involved, like [supporting a veteran](#), [donating to a food bank](#) or [creating care packages for families in need](#).



VEGETARIAN & VEGAN HOLIDAY RECIPES

Check out these delicious holiday recipes to keep everyone happy and eating delicious food. [Roasted Acorn Squash w/Wild Rice](#), [Brussel Sprouts w/Maple Glaze](#), [Lentil Salad w/Feta](#), [Vegan Potato Latkes](#), and [Vegan Wellington](#).

Happy Holidays!

Flu Shots.

It's that time of the year again...Flu Season. Get yours today! Click on the links below for more information:

[Kaiser Permanente](#)

[Dignity Health](#)

[Sutter Health](#)

[CVS](#)

[Rite Aid](#)

[Safeway](#)



“If you don’t like something, change it. If you can’t change it, change your attitude.” –Maya Angelou

COMFORT IS KEY TO A GOOD NIGHT’S SLEEP

Hot tea, warm socks, and a soothing bath can do wonders.



#DeStressMonday

DeStressMonday.org

DE STRESS MONDAY

FARMER’S MARKET

Fresh, in-season produce, grown locally, and available to us at multiple locations throughout the county! Check links for seasonal hours and locations.

[Downtown Market](#): Wednesdays

[Westside Market](#): Saturdays

[Live Oak](#): Sundays

[Felton](#): Tuesdays

[Scotts Valley](#): Saturdays

[Aptos](#): Saturdays

[Watsonville](#): Fridays

