

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



EMPLOYEE WELLNESS WEBSITE

If you haven't done so lately, I recommend you have a look at the County's Employee Wellness website. It has a wealth of wellness information and resources including, but not limited to information on stretching, low impact exercise, biking community, office ergonomics, healthy recipes and stress management. There is also a page dedicated to Employee Wellness discounts which includes discounts to local gyms and yoga studios. Click [here](#) to learn more.



OPEN ENROLLMENT

It is that time of the year again – Open Enrollment is just around the corner. Please keep your eyes open for updated information including rate sheets as we get closer to the event. To learn more about your County benefits, please click [here](#).

BENEFITS

Open Enrollment

September 19 — October 14, 2022



Make the Most of your Benefits

Apples.

Apples are rich in fiber and antioxidants. Eating them is linked to a lower risk of many chronic conditions, including diabetes, heart disease, and cancer. Apples may also promote weight loss and improve gut and brain health. Try one of these yummy recipes: [Gorgeous Apple & Arugula Salad](#), [Maple-Cashew-Apple Toast](#), and [Red Quinoa w/Coconut Roasted Apples](#).



“There is a time in the last few days of summer when the ripeness of autumn fills the air, and time is quiet and mellow.” – Rudolfo Anaya

Move It!

EXERCISE YOUR POTENTIAL

Use F.I.T.T. to start a personalized fitness plan this Monday.



FREQUENCY



INTENSITY



TIME



TYPE

#MoveItMonday

MoveItMonday.org

MOVE IT MONDAY!

FINANCIAL SERVICES

EMPLOYEE ASSISTANCE PROGRAM (EAP)

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.

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



“Give me juicy autumnal fruit, ripe and red from the orchard.” — Walt Whitman