

EMPLOYEE WELLNESS

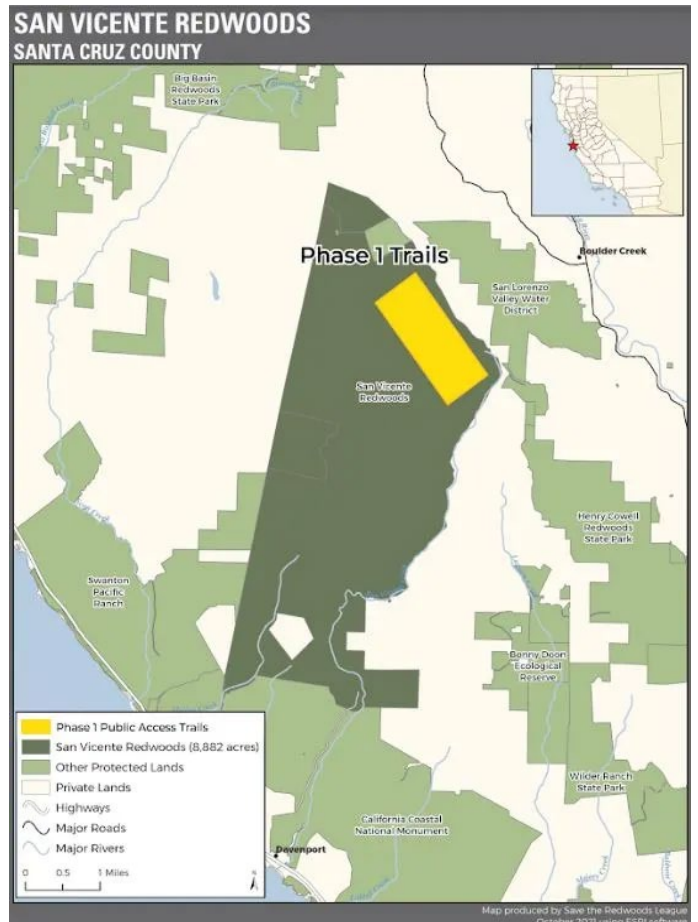
LIVE HERE. WORK HERE. PLAY HERE.



NEW TRAILS: SAN VICENTE REDWOODS

Fresh air, open space and new hiking trails added to the San Vicente Redwoods. 7.3 miles of new trails to be exact. The trails will be open to hikers, cyclists and equestrian guests with a free permit. Opening on December 3rd, it is the first phase of a 38-mile trail system planned for the area. The San Jose Mercury News reports that “the trails are named in Awaswas, an Ohlone language to recognize the ancestral stewardship lasting up to the present day of the Amah Mutsun Tribal Band.” The trails are part of a larger vision, in that they will also act as a “critical fuel break” in the case of a wildfire.

To learn more about the San Vicente Redwoods and to register for a free permit, please visit, landtrustsantacruz.org/svr



Healthy Fall Recipes

It is that time of the year where the temperature starts to drop and the craving for warm meals reignites. Try some of these yummy seasonal recipes: [Spaghetti Squash w/Chard, Walnuts & Chèvre](#), [Oaxacan Baked Sweet Potatoes](#), [Instant Pot White Bean Chicken Chili](#)



“Notice that autumn is more the season of the soul than of nature.” – Friedrich Nietzsche

Destress Mondays

LEGAL SERVICES


EMPLOYEE ASSISTANCE PROGRAM (EAP)

Every year one out of three people in the U.S. is confronted with a legal problem. You are eligible for an initial free telephonic or face-to-face legal consultation per separate legal matter, with a network attorney. If you want to retain an attorney after the initial consultation, you get a reduced normal hourly rate or flat rate based on the legal matter. For more information log into MHN EAP by clicking [here](#). Use company code: **santacruz**



MAKE YOURSELF HAPPY THIS MONDAY

Turn around your mood. Set aside time on Monday to reflect upon things that bring you joy.



DESTRESS MONDAY DeStressMonday.org #DeStressMonday

“Live in each season as it passes: breathe the air, drink the drink, taste the fruit.” — Henry David Thoreau