

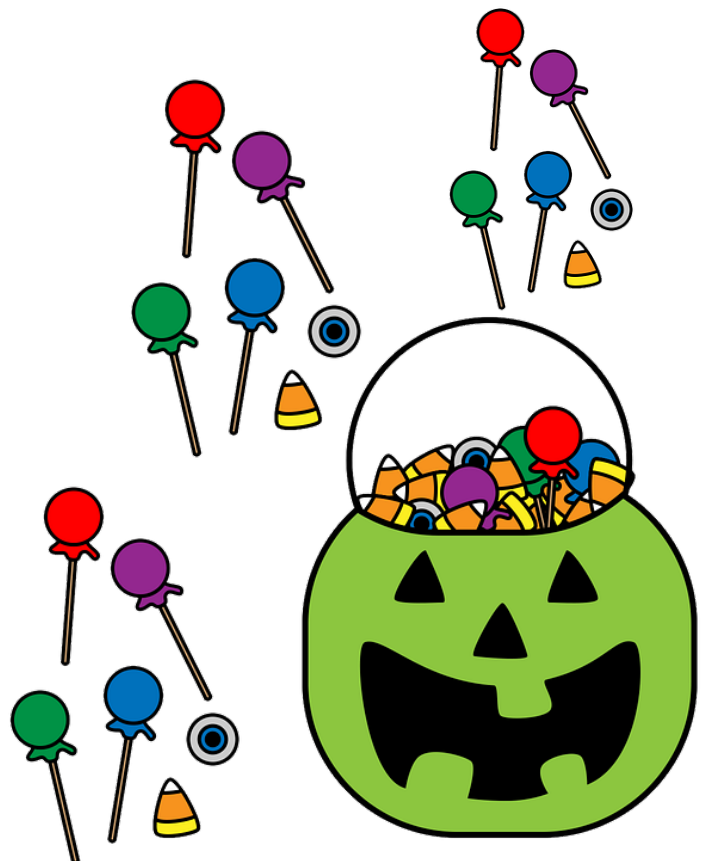
EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



WHAT ARE YOU GOING TO DO WITH ALL THAT HALLOWEEN CANDY?

So, your child's Halloween candy is lurking in the kitchen cabinet, or the shoe box in your closet and now you're wondering how you can gently and stealthy make it disappear. Do worry, you don't have to keep it squirreled away in your closet, drop it in the trash one piece at a time, eat it yourself, or bring it to the office. [CandyExperiments.com](https://www.candyexperiments.com) has various experiments involving your child's Halloween candy, helping you eliminate it one experiment after the next. It's fun, it's educational and it's healthy! Plan a fun weekend activity with your kids to help them learn about their environment and reduce Halloween candy consumption. A win win for everyone!



November Recipes

What is in season? Broccoli, cranberries, kale, pumpkins, pears, sweet potatoes, winter squash for starters. Try one of these delicious recipes using the ingredients of the season: [Quinoa Kale & Vegetable Soup](#), [Sweet Potato Lentil Soup](#), [Pumpkin Quinoa Granola](#), and [Brie & Roasted Thyme Cranberry Paninis](#)

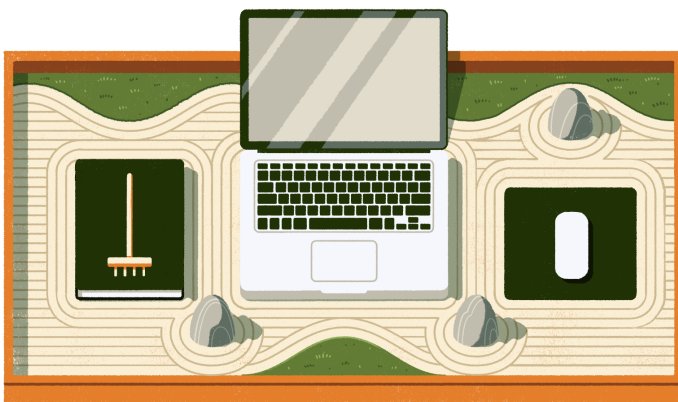


“Autumn is a second spring when every leaf is a flower.” – Albert Camus

Destress Mondays

BRING HARMONY TO YOUR HOME OFFICE.

A clean and serene workspace can help reduce stress.



#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**

EMOTIONAL HEALTH

EMPLOYEE ASSISTANCE PROGRAM (EAP)

When you need a helping hand, a skilled professional can provide focus, direction, and support. MHN can help you identify and resolve issues involving stress, anxiety, emotional distress, grief, depression, life changes, marriage and relationships, family conflict and alcohol or drug dependency.

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



“Fallen leaves lying on the grass in the November sun bring more happiness than the daffodils.” — Cyril Connolly