

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



FAIRGROUNDS

HOLIDAY LIGHTS

Ready to get into the spirit of the season? You can start by jumping in the car and taking the family to the [Holiday Lights](#) .75 mile ride at the Santa Cruz County Fairgrounds. A magical light display, Holiday Carols from two local radio stations and Kettle Corn. Enjoy!



SANTA CRUZ

HOLIDAY LIGHTS

Another way to get into the spirit of the season is to drive around the different neighborhoods in the County to see all the holiday lights. Or jump on the [Holiday Train](#) at the Boardwalk from December 17-23 and December 26-31. Have fun!



HEALTHY WINTER RECIPES

Looking for some delicious winter recipes to keep you warm? Try the following: [West African Peanut Stew](#), [Roasted Squash and Cauliflower w/Cashew Tonnato](#), and [Pumpkin Pancakes](#).

Boosters.

Have you scheduled your Covid-19 booster? Are you wondering where you can get yours? The bivalent booster (updated) has been approved for ages 6 months and above. The FDA states that the “bivalent COVID-19 vaccines include a component of the original virus strain to provide broad protection against COVID-19 and a component of the omicron variant to provide better protection against COVID-19 caused by the omicron variant.” Follow this [link](#) to learn more about the bivalent boosters and where to get them.

Santa Cruz County

Doses Administered

668,075
484 Daily Average

Primary Series

76.9%
211,447 People

Primary Series and Boosted

67.9%
142,386 People

Bivalent Booster

26.9%
56,300 People

THIS MONDAY, REACH OUT TO THE PEOPLE IN YOUR LIFE WHO MAKE IT SPECIAL.

Start the week by writing a gratitude list and sharing your positive feelings with everyone who brightens your day.



#DeStressMonday

DeStressMonday.org



“Laughter is the sun that drives winter from the human face.”

–Victor Hugo

Winter Riding Workshop

ATTENTION COMMUTERS!

Riding during the winter months doesn't have to be miserable! Learn from our experts on how to prepare for winter riding. We'll dive into wet-weather gear selection, immerse ourselves in commute safety, and take the plunge on how to keep your bike working in tip-top shape.

We'll go over the layered strategies to maintain your creature comforts on chilly mornings and keep your gears spinning through the muck and puddles all winter long. We'll explore weather-proof cycling gear options, from technical fabrics and waterproof panniers to DIY hacks and low-cost solutions.

Grab a warm drink and join us for this fun and interactive virtual workshop, which includes testimonials from local cyclists, and is presented by League of American Bicyclists certified instructors from Ecology Action.

For more information on the GO Santa Cruz program and available benefits, visit GOSantaCruzCounty.org or facebook.com/GOSantaCruzCounty.

This free workshop is offered to all downtown Santa Cruz employees as part of GO Santa Cruz, a transportation program that provides downtown employees with commute alternatives to single-occupant car trips. While certain benefits are only available to people employed by businesses in downtown SC, all may attend.

Thursday

December 15

Noon-1:00pm

ecoact.org/GOSC-winterbiking



FREE BIKE LIGHTS AND HELMETS FOR ALL ATTENDEES*

Questions?

Contact Tawn Kennedy
tawn.kennedy@ecoact.org

*To request helmets and bike lights, attendees must be employees of a business in SC County and enrolled in GO SC on gosantacruzcounty.org

