

# EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



## AFTER THE HOLIDAYS

### SUGAR CRAVINGS

With the holidays behind us, it is time to detoxify from all the sugary treats that come with the season. Sugar cravings are strong and the best way to beat them is to eat well balanced meals and snacks throughout the day. Click [here](#) for more information about the foods that will help you fight those cravings.



## MOVEMENT

### A BODY IN MOTION

We aren't made to be sedentary...it is important to keep your body in motion so that the joints don't stop working. Take a walk at lunch, after dinner or before you eat breakfast...anytime is actually a good time to walk. The more body parts you move, the better. Click [here](#) for more on movement.



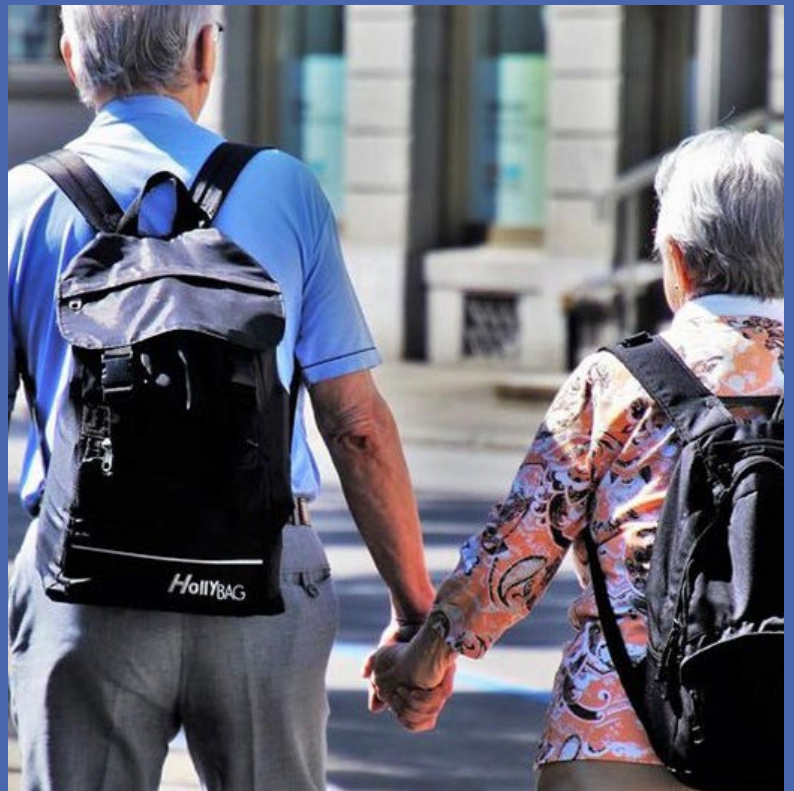
## FIGHT SUGAR CRAVINGS RECIPES

One of the best ways to fight sugar cravings is to ensure that you are maintaining healthy blood sugar levels. Here are some great recipes to start: [Cuban Black Beans](#), [Three-Bean Chili](#), [Berry & Muesli Bowl](#) ...and for the splurge: [Chia Chocolate Pudding](#).

# Employee Assistance Program (EAP) - Eldercare

Caring for an aging relative can be an enormous responsibility, and it's often difficult to know where to turn for reliable help. Your first call should be to MHN! Examples of assistance include: finding assisted living, residential and medical care facilities, obtaining information on senior meal services, community resources and more.

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



“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” – Plato

## 5 HEALTH BENEFITS OF REDUCING STRESS

Stress affects more than your mind. Here are five ways a stress management routine could help your body.



- 1 BETTER SLEEP
- 2 LOWER BLOOD PRESSURE
- 3 IMPROVED DIGESTION
- 4 REDUCED MUSCLE TENSION
- 5 BOOSTED IMMUNE SYSTEM

#DeStressMonday

DeStressMonday.org



## FARMER'S MARKET

Fresh, in-season produce, grown locally, and available to us at multiple locations throughout the county!

- Downtown Market:** Wednesdays
- Westside Market:** Saturdays
- Live Oak:** Sundays
- Felton:** Tuesdays
- Scotts Valley:** Saturdays
- Aptos:** Saturdays
- Watsonville:** Fridays

