

EMPLOYEE WELLNESS

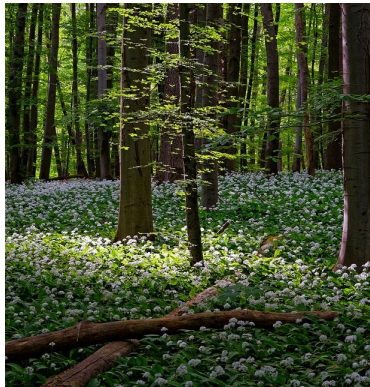
LIVE HERE. WORK HERE. PLAY HERE.



GETTING AHEAD

MOVEMENT

There are many reasons to move your body. For starters, it is good for your health, particularly your joints, and your cardiovascular system. But the benefits don't stop there...walking can help you learn faster and be more creative. Click [here](#) to learn more.



MOVEMENT

STRETCHING

Stretching is an intentional movement to create flexibility and length in your muscles and connective tissues. Stretching decreases your risk for injury, increases blood flow and enables your muscles to work more effectively. Click [here](#) to learn more about the benefits of stretching.



TAQUERIA @ HOME W/PLANTS

Seems like everyone in California loves a good Taqueria, but some of us worry about indulging too much. So here is a list of not-so-guilty, but very yummy recipes : [Chickpea Tacos](#), [Walnut Taco "Meat"](#), [Quinoa Taco "Meat"](#), [Portobello Mushroom Taco](#), [Breakfast Tostadas](#), and [Big Breakfast Burrito](#).

Employee Assistance Program (EAP) - Identity Theft Services

Identity Theft Recovery Services: Identity theft is one of the nation's fastest growing crimes, and it can be both financially and emotionally devastating. If you have been victimized, EAP can help. Call right away to receive a 30-minute consultation with a certified consumer credit counselor.

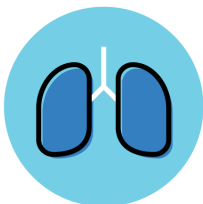
Visit the [County Benefits EAP](#) page to learn more.

To log into MHN EAP click [here](#). Use company code: *Santacruz*



“The secret to getting ahead is getting started.” – Mark Twain

5 TECHNIQUES FOR STRESS MANAGEMENT



DEEP BREATHING



MINDFULNESS



MOVEMENT



POSITIVITY



SELF-CARE

#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

