

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



IDEAS FOR 2023

DECLUTTER

It seems like everyone I have talked to lately is talking about decluttering their home. I imagine it is a good time, especially with all the rain keeping us indoors lately. There are many ways to approach this task, but you have to find what works for you. Click [here](#) for some tips to get you started.



IDEAS FOR 2023

GREAT WAYS TO GET ACTIVE

The main thing is getting out there and getting active. We all have our preferences when it comes to getting our exercise and there are so many ways to accomplish getting enough exercise. Just remember it doesn't have to feel like exercise...it can be fun too. Click [here](#) for a list of fun exercise.



HEALTHY & FUN RECIPES

Kick off 2023 with new recipes to change up your routine: [Sweet Potato Curry](#), [Green Goddess Chicken](#), [Chickpea Pumpkin Fritters](#), [Garlic Mushroom Quinoa, Spinach, Almond & Amaranth Breakfast Muffins](#), and [Vanilla Date Ice Cream](#).

Bon Appetit!

Self-Care Everyday

Meditation – [UCLA Mindfulness Awareness Research Center \(MARC\)](#) has free guided meditations.

Self-Care – [51 Ideas to Kickstart your Self-Care Routine](#)

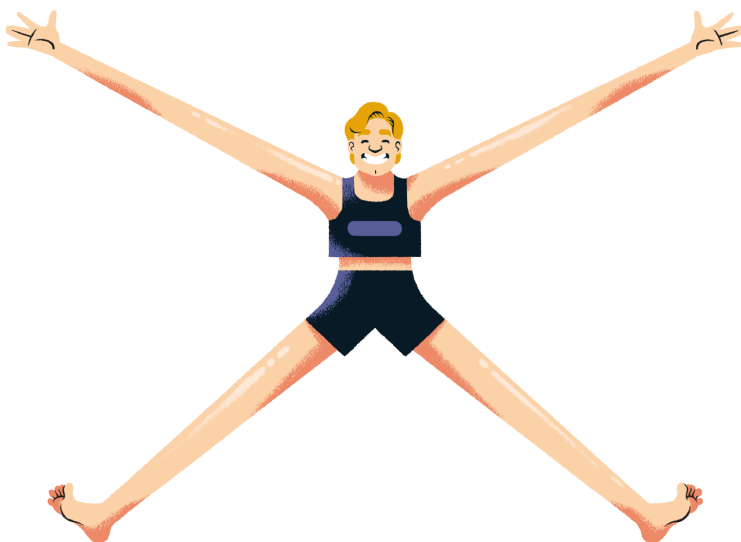
Chamomile Tea – [14 Benefits of Chamomile Tea](#)



“Be so busy loving your life that you have no time for hate, regret or fear..”
—Unknown

STRETCH YOUR ABILITIES

Do more. This Monday, increase your flexibility and improve your athletic ability with simple stretching exercises.



#MoveItMonday

MoveItMonday.org

MOVE IT MONDAY!

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

