

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



STRETCHING

STRETCHES FOR WORK

Every body needs to stretch, especially if you sit at a desk most of your day. Hamstrings and hip flexors are a great place to start, and you'll benefit from a regular stretching routine.

Click [here](#) to learn more about stretching for sitting.



HEALTHY RECIPES

From breakfast to dinner, try adding a new recipe to your rotation – it makes eating healthy easier.

[Vegetarian Meatballs](#), [Chickpea Avocado Toast](#), [Roasted Chickpea Kale Salad](#), [Tuscan White Bean & Kale Soup](#), [Spicy Ginger Banana Smoothie](#), and [Orange Mango Turmeric Smoothie Bowl](#).

Employee Assistance Program (EAP) - Emotional Health

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.

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

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



“It always seems impossible until it is done.”

– Nelson Mandela

THIS MONDAY, TAKE A MOMENT TO ENJOY THE LITTLE THINGS.

You'll find they can really add up!



#DeStressMonday

DeStressMonday.org

DESTRESS 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

