

# EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



## BEST WILDFLOWERS TRAILS

SANTA CRUZ COUNTY

It's time to get active...the rain is subsiding, and the local hikes are sure to be a spectacle with all the wildflowers after the extensive saturation of rain over the past few months. Check out this [article](#) to view a list of the best trails in the County for wildflowers.



## HEALTHY RECIPES

Check out another round of health recipes for making eating healthy easier. [Green Goddess Bowl](#), [Veggie Stir Fry w/Teriyaki Sauce](#), [Spring Detox Cauliflower Salad](#), [Wild Rice & Kale Salad](#), [Lemon Balsamic Lentil Salad](#), [Strawberry Tabouli](#), and [Rhubarb Muffins](#).

# Employee Assistance Program (EAP) - Financial Services

You are eligible for as many telephonic financial consultations as you need per separate financial issue. Issues covered: Credit Counseling, Debt and Budgeting Assistance, Financial Planning for College, and Retirement Planning.

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

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



“You must do things you think you cannot do.”  
– Eleanor Roosevelt

**FILL THE RED BALLOON  
WITH YOUR STRESS**

**DE-STRESS  
MONDAY** *Happy New Week!*



## 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

