

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



CAMPING & HIKING

STAYING SAFE

It is that time of the year – many of us will pack up our gear, get the family in the car and take off for a summer camping trip. Don't forget safety when camping and hiking. Check out these links to learn more: [Hiking Safety](#) and [Camping Safety](#).

SUNSCREEN VS. SUNBLOCK

WHAT'S THE DIFFERENCE?

The difference is, sunblock is so named because it literally blocks UV rays by forming a physical shield, while a sunscreen contains chemicals that absorb UV rays before your skin can. Click [here](#) to learn more.

WATER SPORTS

SAFETY: WATER SPORTS

It is also the time of the year that we are spending more and more time in the water doing sports activities or just cooling off. Minimize risks by knowing your surroundings (riptides, ocean conditions and gear requirements). Learn more [here](#).



ARE YOU READY?

Walk or run your next 5k or 10k – the Rotary Club of Santa Cruz Sunrise is holding their full Firecracker race in July. They'll host a 10K, 5K, and a Kid's 1K Fun Run at Harvey West Park on Monday, July 4th, 2022.

There is a run/walk for many levels of experience and physical ability. At the end of the race, everyone ends up in beautiful Harvey West Park for great music, post-race brunch and awards. You don't want to miss this! Click [here](#) for more information about the 37th annual Firecracker Run/Walk.

Alternate Recipes.

Take the common ingredient in your favorite recipe and replace it with something else for a whole new experience. Check out these recipes that do just that: [Silky Smooth White Bean Hummus, Mediterranean Style](#), [Vegan Chickpea Flour Pancake](#), and [Vegan Couscous Stuffed Peppers](#).



“Our bodies are our gardens – our wills are our gardeners.” – William Shakespeare

Click images below for more information

THIS MONDAY, PLACE YOUR GOALS WITHIN REACH—AND YOUR STRESS FAR AWAY
 Re-imagine your future by focusing on simple, doable steps to make progress.

DeStress Monday
 DeStressMonday.org #DeStressMonday

Bike Commuting 101 Virtual Workshop
ATTENTION COMMUTERS!

EMPLOYEE ASSISTANCE PROGRAM

FINANCIAL SERVICES

Are you struggling to curtail your debt or develop a monthly budget? Are you working towards major financial goals - like buying a house, sending kids to college, or ensuring a comfortable retirement?

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

