

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



SUNSCREEN

THE BEST SUNSCREENS

Don't let the sun go down on your skin without some protection. This article breaks down the good and bad of sunscreen ingredients so you can make an informed decision on the product you use.

WATER SAFETY

LEARN TO SWIM

The California Department of Water Resources' lists the 10 most important water safety [tips](#). The number one water safety tip is Learn to Swim. Visit [Simpkins Swim Center](#) page to learn about upcoming swim lessons.

CALIFORNIA HIKING

TOP RATED TRAILS

Are you interested in top rated California hiking from north to south. Nearby spots include Point Lobos and Big Sur. Visitors travel from faraway places just to experience California's spectacular hiking trails. Check out a local trail or travel a few hundred miles to see others.



CALIFORNIA STATE PARK ADVENTURE PASS

Do you have a fourth grader at home? If so, you might be eligible for a free California State Park Adventure pass for the duration of the school year (September – August).

In partnership with the First Partner's Office and the Natural Resources Agency, the California State Park Adventure Pass provides free entry for fourth graders and their families at 19 select state parks throughout the state. Click [here](#) for more information.

Decadent Plant-Based

Even if you are plant-based you don't have to miss out on delicious dishes. Bon Appétit magazine came through with these decadent recipes: [Ultimate Veggie Burger](#), [Pasta with Mushrooms & Cashew Cream](#), and [Adobo Mushroom Tacos](#)



“Action is the foundational key to all success.”– Pablo Picasso

Click images below for more information

MASSAGE AWAY STRESS

This Monday, try simple, self-massage exercises to relax tight muscles and release tension from stress.



DE STRESS MONDAY

DeStressMonday.org

#DeStressMonday



EMPLOYEE ASSISTANCE PROGRAM

ELDERCARE

Caring for an aging relative can be an enormous responsibility, and it's often difficult to know where to turn for reliable help. Your first call should be to MHN! Our care consultants are standing by to help you.

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

