

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



STAY COOL

BE PREPARED FOR THE HEAT

We are lucky to live in a mild climate with only a few days of “extreme” heat every year, but we should always be prepared for the heat. Travelling during the summer may land us in a spot that sees temperatures in the triple digits. Be prepared! Click [here](#) to learn more.

WILDFIRE SAFETY

WHAT TO KNOW

We are all too familiar with the devastation of wildfires. In our own community it is a risk, but it is also a risk in the many communities you may visit over your summer vacation. Be prepared! Know before you go! Click [here](#) to learn more about wildfire safety.

CAMPING/ROADTRIPPING

WHAT TO BRING

Have you camped this season? Do you plan on heading out for a road trip? There are many things to consider and remember when venturing out in your car. From camping gear to car safety, this article will keep you in check and prepared. Click [here](#) to learn more.



LOCAL HIKES – QUAIL HOLLOW COUNTY PARK

Have you ever been to Quail Hollow County Park? If not, I recommend a trip! There are plenty of hiking trails for all levels and if you can believe it, the diversity we have in our county with regard to the flora and fauna, the natural tapestry, well it is found throughout Quail Hollow. From Coastal Redwoods to Knobcone Pines to Coast Live Oak and sandy vistas, Quail Hollow is breathtaking.

Learn more about the Quail Hollow County Park hiking trails [here](#).

Grilling Season.

We have arrived! Are you looking to change up your summer grilling repertoire? Add a new marinade? Sauce? Technique? Item? Here are a few ideas: [Grilled Portobello Steak Salad](#), [Grilled Peruvian Chicken w/Aji Verde](#) and [Japanese "Farm" style Teriyaki Bowl](#)



"Our bodies are our gardens; our wills are gardeners." — William Shakespeare

Destress Mondays

THIS MONDAY, GET STARTED WITH YOGA

Reduce stress while gaining strength and flexibility.

1



2



#DeStressMonday

DeStressMonday.org



FINANCIAL SERVICES

EMPLOYEE ASSISTANCE PROGRAM (EAP)

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? MHN (EAP) can help! With telephonic assistance and referrals to qualified financial counselors and educators, MHN can help you gain control of your financial life. For more information log into MHN EAP by clicking [here](#). Use company code: **santacruz**



"Adopt the pace of nature: her secret is patience." -Ralph Waldo Emerson