

*In this issue: Great American
Smokeout® - November 15th! National
Take a Hike Day – November! 17th!*

Employee Wellness



Lunchtime Seminars

Santa Cruz

How Social Media Affects Your Mental Health (Brown Bag Lunch)

LiveStream (Pre-Recorded) Presented by Sutter Health

**Thursday, November 8th from 12:00pm-
12:50pm**

@ 1080 Emeline, Santa Cruz – Small Auditorium

REGISTER NOW! Click **here** and **then click on the event in the calendar to enroll.**

If you've registered and cannot attend please send an email to **EmployeeWellness@santacruzcounty.us** to let us know.

Watsonville

Preventing Diabetes: Reduce Your Risk (FREE Lunch)

Presented by Dignity Health

**Wednesday, November 28th from 12:00pm-
12:50pm**

@ 18 W. Beach Street, Watsonville – Training Room

REGISTER NOW! Click **here** and **then click on the event in the calendar to enroll.**

If you've registered and cannot attend please send an email to **EmployeeWellness@santacruzcounty.us** to let us know.



NEW!

**Surviving the Hustle and Bustle of
the Holidays (Independent
Viewing)**

LiveStream Presented by Sutter

The holiday season and year-end activities often find us overwhelmed, full of expectations, and lost in the hustle and bustle. For some, it's their favorite time of the year. For others, it brings unwelcome feelings of stress and sadness. Join Sutter Health certified nutritionist Sharon Meyer, DiplON, CNC, for an interactive discussion on the hustle and bustle of the holidays. Learn about healthy eating, alternative drink choices, and how to keep stress to a minimum.

**Thursday, November 15th from 12:00pm-
12:50pm
LiveStream**

View this LiveStream independently on November 15th during the lunch hour. To register please send an email to **EmployeeWellness@santacruzcounty.us** – information and log in details will be sent to you from the Employee Wellness team.



**You don't have to stop
smoking in one day. Start with
day one!**



National Take a Hike Day is November 17th



**National Take a Hike Day
November 17th**

Did you know that **Quail Hollow Ranch** is a
County Park (pictured above)?
Visit **Quail Hollow Ranch** and hike along one of
it's beautiful trails.

Click [here](#) for a link to the website and hiking
map.

There are also many other local trails great for
hiking...check out the links below for trail maps and park
information.

Wilder Ranch State Park

Pogonip

The Forest of Nisene Marks State Park

Big Basin Redwoods State Park

Arana Gulch



Yoga @ 701 Ocean St.

Sign up for Monday Evenings ~ 5:15pm – 6pm

@ 701 Ocean St. – Coastlines Room*

*Formerly 5th Floor PER Conf. Rm - located opposite the CAO Reception Desk

To register, please click on this **Employee Wellness Calendar** link. Find the date you would like to register for and click on the calendar entry (a red **X** on the calendar entry indicates a full class). Type in your work email address, your name and phone number then click on the “Enroll” button. You should receive an email confirmation within minutes of your registration. If you must cancel please let us know by sending an email to **EmployeeWellness@santacruzcounty.us** at least 24-hours prior to the class so that we can inform our waitlist.

Yoga @ Probation

Sign up for Thursdays at Lunchtime ~

12:10pm-12:50pm

303 Water St. 2nd Fl. Probation Training Room

To register, please click on this **Employee Wellness Calendar** link. Find the date you would like to register for and click on the calendar entry (a red **X** on the calendar entry indicates a full class). Type in your work email address, your name and phone number then click on the “Enroll” button. You should receive an email confirmation within minutes of your registration. If you must cancel please let us know by sending an email to **EmployeeWellness@santacruzcounty.us** at least 24-hours prior to the class so that we can inform our waitlist.

Wear comfortable clothes, bring a yoga mat and strap if you have one. \$5 donation accepted.

Instructor: Leslie Goodfriend

Lunchtime Wellness Activities



EMELINE LUNCHTIME YOGA: Join us on **Mondays and Wednesdays** for Lunchtime Yoga from 12:10-12:55pm – **PLEASE NOTE:** Location will be the **1060 Emeline Solarium**. The 1060 building has a large **F** on it. Wear comfortable clothes, bring yoga mat. \$5 donation accepted.



SANTA CRUZ COUNTY TABLE TENNIS CLUB: Meets every [2nd and 4th Friday](#) of each month from 12:00-1:00pm – 1400 Emeline (East Patio). [Next meeting is Friday, November 9th.](#) [Please RSVP](#) by clicking [here](#). Come one, come all! Be sure to bring a lunch and sun protection. Paddles, balls and a table are provided.

Health Tip

8 Days of Healthy Tips before
the Big Day of Thanks...

1. **MOVE!**

2. **DRINK!**

3. **TALK!**

4. **COOK!**

5. **GIVE!**

6. **START A NEW
TRADITION!**

7. **SIT DOWN!**

8. **ENJOY & RELAX!!**

Healthy Recipes



Honey-Mustard Chicken Tenders with Couscous & Carrots



Easy Vegetarian Taco Salad

Local Gym & Yoga Studio Discounts



Breath + ONENESS
yoga • personal growth • community

15% discount on drop-in rates, multi-class passes and monthly memberships (excludes specials) .
Must show an employee badge, business card or pay stub to receive discount.

If you're a new student at Breath & Oneness – you can sign up for the New Student Special - \$35 for 14 days of unlimited yoga.

To view their website, click on the logo above.

YOGA AND GYM DISCOUNTS FOR COUNTY OF SANTA CRUZ EMPLOYEES AT THE FOLLOWING:





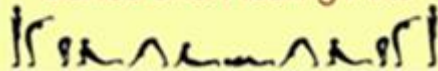
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CROSSFIT

Watsonville Yoga

Dance and Healing Arts



NOURISH

mind body spirit



TOADAL FITNESS