

***In this issue: New Discount for County
Employees! National Hand Washing
Week!***

Employee Wellness



Lunchtime Seminars

Essential Exercise Tips (FREE Lunch) - FULL

Presented by Dignity Health

Tuesday, December 4th from 12:00pm-
12:50pm

701 Ocean St., 5th floor – Coastline Conference Room
(opposite the CAO reception desk)

This seminar is **FULL**. Please send an email to this [link](#) if you would like to be added to the waitlist. If space becomes available you will be contacted.

*****NOTE***** Due to the popularity of this seminar we have created a waitlist. As with all Employee Wellness seminars, it is **your responsibility to let us know within 24-48 hours if you cannot attend (48 hours if lunch is provided).**

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

New Local Gym Discount for County Employees



541 Seabright Avenue
Santa Cruz Ca 95062

20% off the first month of any regularly priced packages – 5% off subsequent months if you continue with the program.

All new members receive 50% off a bootcamp.

Free introduction to the gym and movement assessment.

Must show an employee badge, business card or pay stub to receive discount.

News

Do you ever want to look back at a Weekly Wellness newsletters but you deleted it? Now you can! Weekly Wellness newsletters are now being archived on the Intranet (Employee Wellness page).

Click [here](#) for the link.



County of Santa Cruz *California*

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Yoga Pilot Programs



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. **NO YOGA MONDAY, DECEMBER 10th AT NOON.**

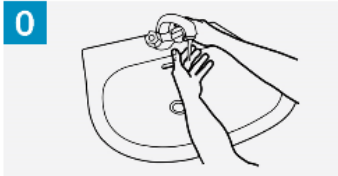


SANTA CRUZ COUNTY TABLE TENNIS CLUB: Meets every **2nd and 4th Friday** of each month from 12:00-1:00pm – 1400 Emeline (East Patio). **December 14th. Please RSVP** by clicking **[here](#)**. Come one, come all! Be sure to bring a lunch and sun protection. Paddles, balls and a table are provided.

National Hand Washing Awareness Week (Dec. 2-8)

How to Hand Wash

Wash hands when visibly soiled. Otherwise, use handrub.
Duration of the entire procedure: 40-60 seconds



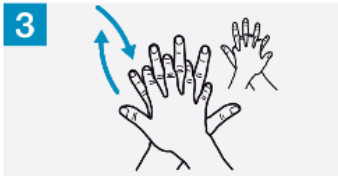
0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



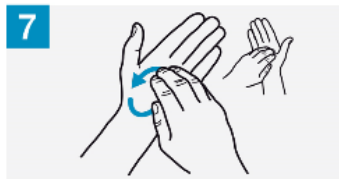
4 Palm to palm with fingers interlaced;



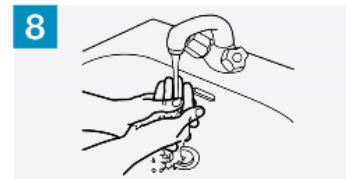
5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



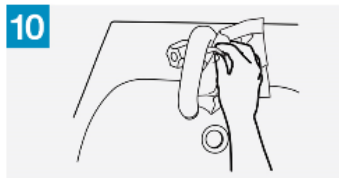
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



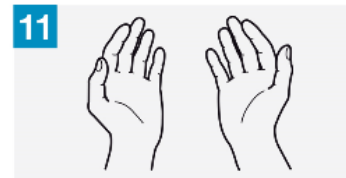
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

Healthy Recipes



[Everything Bagel Microwave Popcorn \(Vegan\)](#)



[Cinnamon-Sugar Roasted Chickpeas \(Gluten-Free\)](#)

Local Gym & Yoga Studio Discounts

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





Breath+ONENESS
yoga • personal growth • community



Please [click here](#) for a link to the detailed list of discounts.