

In this issue: Tips for Surviving a Holiday Party! New Discount for County Employees!

Employee Wellness



Yoga Survey



Please give us feedback on our Yoga program. How can we make it better for you?

Please follow this [link](#) to answer our quick and easy survey.



Tips to Surviving a Holiday Party

- **Don't go on an empty stomach.** Going to a party on an empty stomach is like grocery shopping on an empty stomach. To avoid consuming too many calories eat a healthy snack before you leave home.
 - **Focus on fun, not food.** Once you're at the party, focus on socializing and enjoying yourself. While chatting, get yourself a glass of water or club soda with lemon wedges – this gives you something to hold in your hand.
 - **Mindfully indulge.** Do not put anything in your mouth before you put it on your plate. Being aware of the amount of food you eat is important. Go for fresh desserts like strawberries dipped in dark chocolate.
 - **Pour wisely.** When measured correctly, one serving of alcohol has approximately 100 calories. Drinking 3-4 glasses of water for every drink will also help you stay hydrated and full.
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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

Weekly Newsletters

Do you ever want to look back at a Weekly Wellness newsletters but you deleted it?

Weekly Wellness newsletters are now being archived on the Intranet (Employee Wellness page). Click [here](#) for the link. And while you're there – check out the rest of the site.



The screenshot shows the website for the County of Santa Cruz, California, Health Services Agency (HSA). The header includes the County of Santa Cruz logo and the tagline "Serving the Community – Working for the Future". The main navigation menu includes: Government, Departments, Living, Working, Business, Visiting, and Custom Search. Below this is the HSA logo and a secondary navigation menu: HSA Divisions, Health Alerts, Reports & Statistics, Job Opportunities, and HSA Services. A breadcrumb trail indicates the current location: "You are here: [HSA Home](#) > [Employee Wellness](#)". A dropdown menu is open under "Employee Wellness", listing: About Us, Employee Discounts, Newsletters, Pamphlet Library, Past Weekly Emails, Wellness Committee, and Success Stories. The background of the page features a photograph of fresh vegetables, including lettuce, cucumbers, and carrots.

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 @ Emeline, 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.

Holiday Recipes



Cranberry Crumble Bars



Vanilla Candy Cane Peppermint Bars

Local Gym & Yoga Studio Discounts



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 Boot Camp.

Free introduction to the gym and movement assessment.

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

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



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