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CRAVINGS! Yoga Survey!**

Employee Wellness



New Year's Resolutions



WAYS TO KILL NICOTINE CRAVINGS

Physical Activity – Moderately intense daily physical activity can reduce the desire to smoke and ease tobacco withdrawal symptoms.

Nicotine Patch – Use of a nicotine patch has been shown to help people overcome their cigarette habit.

Acupuncture - Acupuncture may reduce cravings for cigarettes and the desire to smoke.

Hypnotherapy - [Hypnotherapy](#) can be used to connect smoking with unpleasant associations, thereby helping reduce the desire to smoke.

Mindfulness - Practicing mindfulness is an effective method to cope with cravings or withdrawal symptoms, and can provide long-term benefits.

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.

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 newsletter 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.



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). **The next meeting is January 11th.** **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.

Healthy Vegan Recipes



[Sweet Potato Hash Browns](#)



[Avocado-Grapefruit Salad with Jicama](#)

Local Gym & Yoga Studio Discounts

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



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