

In this issue: *Walking Maps! Urban Riders Workshop!*

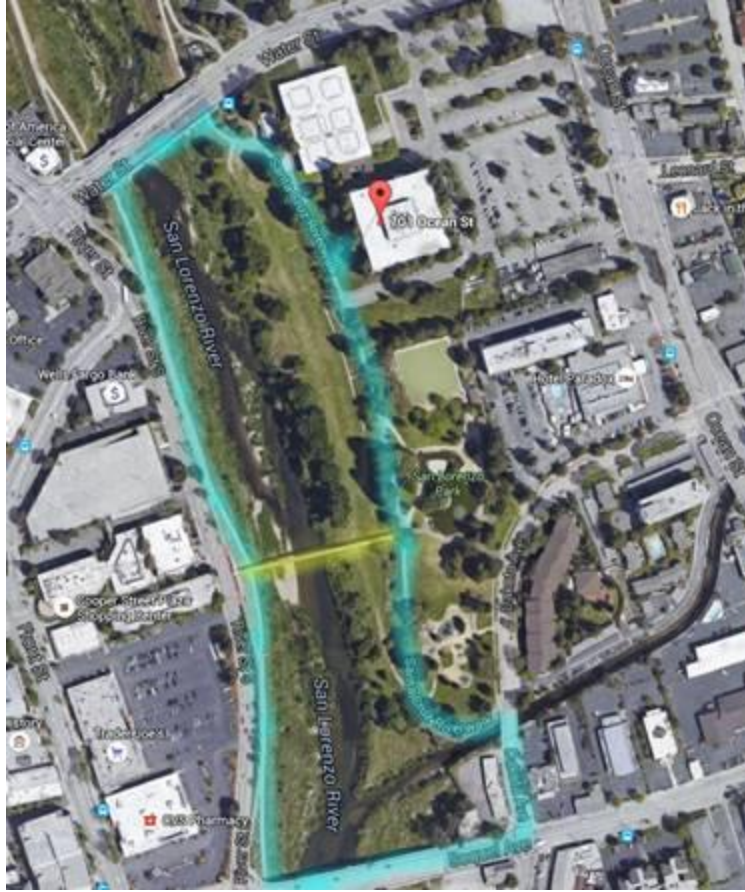
Employee Wellness



Health Tip

Get Up and Walk!

Taking short walks a few times a day is great for your health! If you can, take a quick walk around your building or the neighborhood. Click [here](#) for walking maps near your work location.



LOVE TO RIDE

Urban Rider's Workshop



Ecology Action and ***General Services*** are
sponsoring a bike riding safety workshop on:

Wednesday, January 23, 2019

12:00–1:00 PM

303 Water St. (2nd Fl. Training Room)

Are you curious about how to ride your bike safely
and confidently?

Ever wonder what the rules of road are and how
you fit in on a bike?

How about gear selection, locking your bike
properly, riding at night,
or how to pick a good bike route across town? Find
the answers to
these questions and more at this urban riding
workshop.

**Free Lunch provided for those who RSVP!
Space is limited to 35**

To register, **[click here](#)**.

Questions? Contact Matt Miller at mmiller@ecoact.org

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.

Yoga Pilot Programs



Yoga @ 701 Ocean St.
&
Yoga @ Probation

Our pilot programs are currently on hiatus. Please check back for updated information.

And please complete the [Yoga Survey](#) if you haven't already – your feedback will be very helpful in determining yoga programming.

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 Lunch Recipes



[Smoked Turkey & Farro Salad](#)



[Chicken & White Bean Salad](#)

Local Gym & Yoga Studio Discounts

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



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