

*In this issue: NEW Lunchtime Seminars!  
Urban Riders Workshop!*

# **Employee Wellness**



# Lunchtime Seminars

Santa Cruz

## Essential Exercise Tips (FREE Lunch)

*Presented by Dignity Health*

**Thursday, January 24th from 12:00pm-  
12:50pm**

@ 701 Ocean Street, 5<sup>th</sup> floor – Coastlines 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](mailto:EmployeeWellness@santacruzcounty.us) to let us know.

## Watsonville

# Ergonomics: Learn Simple Solutions to Improve Your Work Environment (FREE Lunch)

*Presented by Dignity Health*

**Tuesday, February 12<sup>th</sup> from 12:00pm-12:50pm**

@ 18 W. Beach Street – 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](mailto:EmployeeWellness@santacruzcounty.us) to let us know.

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***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. (2<sup>nd</sup> 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](mailto:mmiller@ecoact.org)

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## Health Tip



# **Tips for Getting (And Staying!) Happy At Work**

**Practice gratitude** - Find something that you're thankful for. Practicing gratitude will help you become more optimistic and value the positive aspects of your job.

**Make a friend** - Everyone needs a support system. A work BFF will always make spending time at the office more enjoyable. If you currently don't have close relationships with your colleagues, make an effort to form a couple of friendships.

**Personalize your space** - Add personal touches to your desk – a few of your favorite pictures, a couple of plants, or some memorabilia.

**Smile more** - Smile and laugh your way to happiness! Believe it or not, your facial expressions influence your mood. Smiling can

help reduce stress and boost your mood by causing your brain to produce some serotonin.

**Help a co-worker** - Helping out a co-worker will make you happy! Many studies have shown the mental health benefits of helping others – it causes your brain to produce feel-good chemicals. Make it a daily effort to help out a colleague once a day.

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# Yoga Survey



Final Week to give your feedback on the Yoga program. The survey will close on **Friday, January 18<sup>th</sup> at 5pm.**

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

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# 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 future yoga programming.

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# 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 [2<sup>nd</sup>](#) and [4<sup>th</sup> Friday](#) of each month from 12:00-1:00pm – 1400 Emeline (East Patio). **The next meeting is January 25<sup>th</sup>.** [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.

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# Healthy Recipes



[Chicken & Broccoli Casserole](#)



[Cheesy Spinach-&-Artichoke Stuffed Spaghetti Squash](#)

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# **Local Gym & Yoga Studio Discounts**

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



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