

*In this issue: Spring Wellness Talk Series
by Dignity Health!*

Employee Wellness



Lunchtime Seminars

Watsonville

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

Presented by Dignity Health



**Tuesday, February 12th 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 to let us know.

Upcoming Wellness Talks by Dignity Health




Attend a Free Wellness Presentation on Your Lunch Break!

Get Informed • Get Fed • Get Free Stuff!

Wellness Talks

Brought to you by Dignity Health Medical Network, formerly Physicians Medical Group of Santa Cruz

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| <p>ERGONOMICS: Learn simple solutions to improve your work environment.</p> <p>TUESDAY FEBRUARY 12 12 - 12:45p.m. 18 W. Beach St., Watsonville</p> | <p>GET OUT OF PAIN AND BACK INTO LIFE!</p> <p>TUESDAY MARCH 19 12 - 12:45p.m. 701 Ocean St., Santa Cruz 5th floor - Coastlines Rm</p> | <p>GET OUT OF PAIN AND BACK INTO LIFE!</p> <p>TUESDAY APRIL 9 12 - 12:45p.m. 1080 Emeline Ave., Santa Cruz, Large Auditorium</p> |
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RSVPs are appreciated so we can be sure to order enough lunch.

RSVP: www.santacruzhealth.org/EmployeeWellness
Click on the event within the calendar to RSVP.

Find us on Facebook or follow us on Twitter.

facebook.com/pmgsantacruz twitter.com/pmgsc instagram.com/pmgofsantacruz

 **Dignity Health
Medical Network.**

Dignity Health Medical Network • www.pmgsc.com • 831.465.7800

To register, click [here](#).

Health Tips

10 Quick Exercises You Can Do At Your Desk

CHAIR DIPS

Place a chair behind you. Hold the seat with both arms behind you. Get in a squat, lower yourself and raise yourself up. Do as many reps as you can.



5

SQUATS

Bend your knees and bring your butt to the floor. Then stand back up. Do as many as squats you can.



4

QUAD STRETCHES

Stand up and bring your ankle towards your back. Hold your ankle and pull it towards your glutes. Feel the stretch for 20 seconds and repeat with the other leg.



3

DESK PUSHUPS

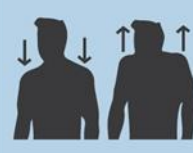
Lean against your desk and do as many pushups as you can. Maintain good form.



2

SHOULDER SHRUGS

Raise your shoulders towards your ear and lower them. Rotate your shoulders forward and backwards. Do 10 reps.



1

LEG LIFTS

Sit upright on a chair and stretch out one leg. Hold it outstretched for 10 to 20 seconds and lower it. Do 10 reps and repeat with the other leg.



6

HEAD ROTATIONS

Rotate your head clockwise for a minute and then anti-clockwise for another minute. Feel the stretch.



7

HAMSTRING STRETCH

Put your leg up outstretched on a desk or chair and lean forward. Try and touch your toes. Hold the stretch for 10 to 15 seconds and repeat with the other leg.



8

WRIST STRETCHES

Stand up and place your palms on the desk with the fingers pointing towards you. Lock your elbows and lower your body a little so that you feel the stretch. Hold for 10 to 15 seconds.



9

NECK STRETCH

Place your hands behind your head, interlock your fingers and gently pull your head down. Feel the stretch in your neck. Hold for 15 to 20 seconds.



10

Health Snack Recipes



[Sweet & Spicy Slow-Cooker Snack Mix](#)



[Asiago Cheese Dip](#)

Yoga Pilot Programs



Yoga @ 701 Ocean St.

&

Yoga @ Probation

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

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 Friday, February 8th. 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.

Local Gym & Yoga Studio Discounts

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY





Breath + ONENESS
yoga • personal growth • community



SANTA CRUZ
YOGA



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