

In this issue: Inspiring acts of kindness!
*Spring Wellness Series by Dignity
Health!*

Employee Wellness



Lunchtime Seminars

Watsonville

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

Presented by Dignity Health

**Tuesday, February 12th from 12:00pm-
12:50pm**



@ 18 W. Beach Street – Training Room

This seminar is **FULL**. Please send an email to this [link](#) if you would like to be added to the waitlist. If space becomes available you will be contacted.

*****NOTE***** Due to the popularity of this seminar we have created a waitlist. As with all Employee Wellness seminars, **it is your responsibility to let us know within 24-48 hours if you cannot attend (48 hours if lunch is provided).**

If you've registered and cannot attend please send an email to EmployeeWellness@santacruzcounty.us to let us know.

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


<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/pmgscce instagram.com/pmgofsantacruz



 **Dignity Health
Medical Network.**

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

To register, [click here.](#)



How can you practice simple acts of kindness?

Give out compliments generously. Instead of staring at the floor when you're stuck in an awkward silence, find something you like about the other person and compliment them.

Share a smile. Smiles are contagious! Whenever you're talking to someone,

whether they are a stranger or a friend, show that you're happy to be with them in that moment by smiling.

Volunteer for a cause you care about. Find a homeless shelter in your area, and offer your help with meals and transportation or if you love animals, look for an animal shelter or rescue.

Thank the people who normally don't receive a lot of thanks. We tend to forget about the more “invisible” people in our society who keep our lives running smoothly. Thank the person who delivers your mail, the barista who prepared your coffee, and the janitor who cleans the building where you work. Write a note or say “thank you” in person.

Healthy Lunch Recipes



Mediterranean Wrap



Tomato & Provolone Sandwiches

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 CLASS WEDNESDAY, FEBRUARY 13th.**



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.

Yoga Pilot Programs



Yoga @ 701 Ocean St.

&

Yoga @ Probation

Thank you to everyone who responded to our Yoga Survey. We are looking at your feedback and working on a solution.

Please keep your eyes on the Employee Wellness newsletter for updated program information.

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



Watsonville Yoga
Dance and Healing Arts



Breath + ONENESS
yoga • personal growth • community

CROSSFIT



SANTA CRUZ
YOGA

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