

*In this issue: Heart Health, Spring
Wellness Series by Dignity Health, and
much more!*

Employee Wellness



Lunchtime Seminars

Santa Cruz

Get Out Of Pain And Back Into Life (FREE Lunch)

Presented by Dignity Health

Tuesday, March 19th from 12:00pm-12:50pm
@ 701 Ocean Street – Rm 510 (Coastlines)

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.



Weight Loss Digital Campaign

Join us on a six-week journey towards a healthy weight.

Each week, you'll receive interesting weight loss insights and valuable tips via email.

Sign up now and receive your first
email on March 1, 2019.

[Subscribe to the Weight Loss
campaign](#)



**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

ERGONOMICS:

Learn simple solutions to improve your work environment.

**TUESDAY
FEBRUARY 12**

12 - 12:45p.m.

18 W. Beach St.,
Watsonville

GET OUT OF PAIN AND BACK INTO LIFE!

**TUESDAY
MARCH 19**

12 - 12:45p.m.

701 Ocean St., Santa Cruz
5th floor - Coastlines Rm

GET OUT OF PAIN AND BACK INTO LIFE!

**TUESDAY
APRIL 9**

12 - 12:45p.m.

1080 Emeline Ave.,
Santa Cruz, Large Auditorium



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.

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Dignity Health
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To register, click [here](#).



AWARENESS SAVES LIVES!

February is **AMERICAN HEART MONTH**

7 Heart Health Facts

Fact #1: Heart disease kills more than 600,000 Americans every year. - Heart disease continues to be the leading cause of death for Americans. Thankfully, heart disease is often preventable and can be treated by making healthier lifestyle choices.

Fact #2: Chest discomfort or a heart attack is the first sign of heart disease. - Heart attack symptoms often include discomfort in the center of the chest that may last for a few minutes or comes and goes. It can feel like squeezing, uncomfortable pressure, fullness, or pain. Shortness of breath, breaking out in a cold sweat, lightheadedness, and nausea are also heart attack symptoms.

Fact #3: Some people are born with heart disease. - A congenital heart defect starts at birth. Doctors are still puzzled as to why a baby might have a congenital heart defect, though it tends to be hereditary. Most of these heart disease issues include leaky valves or structural issues like holes in the heart.

Fact #4: Unhealthy habits contribute to heart disease. - Not getting enough exercise, unhealthy eating, and smoking increase your chance of developing heart disease. Additionally, high blood pressure,

diabetes, and high cholesterol are other factors that can increase your risk. Speak with your doctor about prevention measures.

Fact #5: Time is of the essence when someone is having a heart attack.

- Heart attack victims can have sudden loss of responsiveness or may be unable to breathe normally. Loss of oxygen to the brain and heart can cause permanent damage, calling 9-1-1 immediately is critical.

Fact #6: Women have the less typical heart attack signs. - According to Mayo Clinic, women are somewhat more likely than men to experience less common symptoms and signs, like neck or jaw pain prior to having a heart attack.

Fact #7: The most common heart disease is coronary artery disease. - This disease develops when your major blood vessels that supply the heart with blood, nutrients, and oxygen become diseased or damaged. Plaque build-up in your arteries, which causes inflammation, often leads to coronary artery disease. This build-up happens over a number of years and most people don't notice a problem until they have a heart attack or large blockage in the arteries that requires surgery.

Healthy Lunch Recipes



[Avocado Toast with Burrata](#)



[Sichuan Chicken Lettuce Wraps](#)

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 22nd. 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.

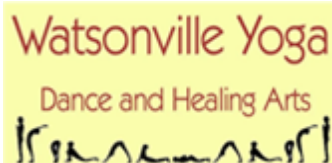
Local Gym & Yoga Studio Discounts

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY





Breath + ONENESS
yoga • personal growth • community



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