

In this issue: 3 Simple Ways to Eat Smarter, 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.

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>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------




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](#).

Want to Eat Smarter?



3 simple ways to eat smarter

Overwhelmed by conflicting nutrition and diet advice? The truth is, eating healthy isn't hard – and you don't have to live on salads, buy expensive supplements, or swear off snacks forever. Small healthy changes can make a big difference over time.

Eat in season

In-season fruits and veggies are at peak flavor, nutrition, and supply. Seasonal eating is typically more affordable and sustainable – and makes it easy and delicious to get more fresh produce onto your plate.

DIY

Cook at home to be the master of your own healthy destiny. By controlling fat, sugar, and salt, home cooks tend to eat healthier than people who eat out more often – even when they're not trying to change their eating habits.

Expand your horizons

Healthy eating doesn't have to be bland. Experiment with herbs and spices for high-impact, low-calorie flavor. Or try nutritious twists on foods you love – like spaghetti with zucchini noodles, or taco lettuce wraps.

Hungry for more healthy ideas?





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](#)



Healthy Lunch Recipes



[One-Pan Chicken Parmesan Pasta](#)



[Eggplant Tortilla Casserole](#)

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.

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



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