

*In this issue: Zumba slated to return to
the Emeline Campus!*

Employee Wellness



Lunchtime Seminars

Santa Cruz

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

Presented by Dignity Health

Tuesday, April 9th from 12:00pm-12:50pm

@ 1080 Emeline – Large Auditorium

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.



90% of people with prediabetes don't know they have it. That's why we are joining the [American Diabetes Association](#) in recognizing *Diabetes Alert Day on March 26th* — a movement that challenges everyone to take a quick survey to assess their risk of type 2 diabetes.

Did you know that as part of your CalPERS health plan you have access to a Diabetes Prevention Program? Follow your health plan's link below to take the screener today

to determine if you are at risk. If you meet the risk criteria, you will be invited to apply for a Diabetes Prevention Program offered at no charge to you. Your adult dependents are also eligible to take the screener.

Anthem – <https://solera4me.com/>

Blue Shield – <https://www.solera4me.com/shield>

Kaiser –

<https://go.omadahealth.com/calpershuc>

PERS Select/Choice/Care –

<https://solera4me.com/>

Western Health Advantage –

<https://go.omadahealth.com/westernhealth>

Health Net –

<https://go.omadahealth.com/deployments/calpers>

Don't hit the "snooze" on Diabetes Alert Day, instead click the link above to answer this wake-up call to find out your risk today.

**Join us in the movement to raise
awareness and reduce the risk of
diabetes.**



Chair Yoga

1. Centering + Breath Work ▼



2. Flying Crane ▼



3. Tree Pose ▼



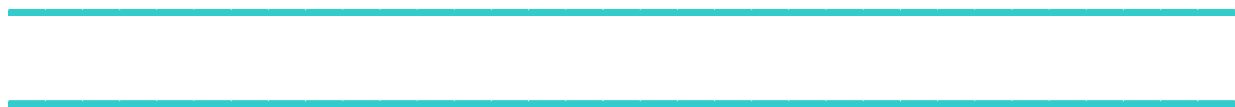
4. Triangle ▼



Variation - Knee Slightly Bent ▼



5. High Plank ▼



Healthy Recipes



Shrimp Tacos with Avocado Crema



One-Pot Tomato Basil Pasta

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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.



EMELINE LUNCHTIME ZUMBA RETURNING: Zumba is returning to the Emeline Campus. More information on dates and times in next week's newsletter. \$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, April 12th. 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



Stay tuned – we’re working on adding a
yoga class.

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Local Gym & Yoga Studio Discounts

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

Watsonville Yoga
Dance and Healing Arts



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.