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and Yoga at Lunch!*

Employee Wellness



May is National Physical Fitness & Sports Month

**Join a gym, yoga studio or
simply start your own
exercise routine.**

**The following gyms and yoga studios
offer discounts to County of Santa
Cruz employees:**



Breath+ONENESS
yoga • personal growth • community



SANTA CRUZ
YOGA



Watsonville Yoga
Dance and Healing Arts



CROSSFIT UP



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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

Santa Cruz County Employee Wellness Raffle



**In honor of National Fitness
Month, the Employee**

**Wellness Team will be raffling
off donated**

**Yoga classes and one-week
and one-month passes to local
gyms.**

**All employees will be entered
into this drawing.**

**Winners will be contacted at
the close of National Fitness
Month.**

Good Luck!

Health & Lifestyle Expo 2019 This Wednesday, May 15th!!!



11th Annual Health & Lifestyle Expo for Women



Santa Cruz County ladies – you deserve to feel good in your body, mind, and spirit. Are you looking to improve your health, get more active, eat better, and achieve overall wellness? Then this night is all about YOU.

Offered at **NO CHARGE**. [Click here to register.](#)

Wednesday, May 15, 2019: 5 – 8 p.m.
Cocoanut Grove, 400 Beach Street, Santa Cruz

Enter to win our raffle grand prize: \$500 gift certificate to Yoso Wellness Spa!



Dignity Health®

Physicians | Nurses | Hospitals

**YOU
COULD WIN
\$7,500!**



YOU COULD WIN **\$7,500**

No, that's not a typo. Ditch your car and ride a bike during the month of May for a chance to win \$7,500 in cold, hard cash. In addition, you could also ride away with a 2019 e-bike by participating in Bike to Work Day on Thursday, May 9th. What's not to love about that?

Click [here](#) to register

American Red Cross Blood Drive

Give blood.

Every 2 seconds someone
in the U.S. needs blood.

American Red Cross



County of Santa Cruz Blood Drive
Sponsored by Health Services Agency

Located in the basement auditorium
1080 Emeline Ave. Bldg. D, Santa Cruz, CA 95060

Tuesday, May 28, 2019
10:00 a.m. – 3:00 p.m.

To schedule your appointment or for more information visit redcrossblood.org and
enter sponsor code: CRUZ or call 1-800 RED CROSS (1-800-733-2767)

Come to donate and get an exclusive Red Cross T-shirt, while supplies last!

Give May 1-June 10 and get a \$5 Amazon.com Gift Card* by email.
***rcblood.org/together**

If you have questions regarding your eligibility to donate blood,
please call 1-866-236-3276.

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

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Zumba – Pilot Program



Lunchtime Tuesdays

12:10 -12:50pm

1080 Emeline Ave. – Large Auditorium

April 30th – July 30th

About the instructor: Andrea Solano has been dancing ever since she can remember, and she absolutely loves teaching Zumba classes. She said, “the reason is simple: It’s a great outlet to let loose and have fun! It incorporates music, dance, and no experience is necessary!”

Come join the fun in this Latin focused Zumba class.

\$5 donation accepted

Yoga Pilot Program



Mondays @ Lunchtime

WE STILL HAVE SPACE – SIGN UP NOW!

Yoga @ 701

12:10-12:50pm

701 Ocean St. ~ Coastlines Conference Room – 5th Floor

Join Zoë Kosovic, RYT 200 for this lunchtime yoga class. Zoë's approach to teaching yoga reflects the human

need for play, creative experimentation, and connection to the natural world. Through her own body, she has learned

that because every body is unique, every practice looks different. This is an all levels yoga class. Wear comfortable clothes and bring a mat.

\$5 donation accepted.

**DUE TO SPACE LIMITATIONS - YOU MUST SIGN UP TO
ATTEND YOGA @ 701.**

[Click here to sign up.](#)

**If you intend to register for each date, you'll have to
do so individually.**

Recipes of the Week



Quinoa Veggie Burger



Shrimp Fried Rice

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: Join us **Tuesdays** @ lunch from 12:10-12:50pm – Emeline Campus, 1080 Emeline

Ave., large auditorium. This pilot program will run through July 30th. \$5 donation accepted.