

In this issue: American Red Cross Blood Drive TODAY!

Employee Wellness



**YOU COULD
STILL WIN \$7,500
– But You'll Have
to Hurry!
See details
below.**

How do I win \$7,500?

In order to be eligible for the **individual \$7,500 prize draw**, entrants must:

- Be 18+ years old by April 1, 2019
- Be a Santa Cruz County resident
- Not be a member of Ecology Action staff
- Have registered on the Love to Ride Platform:
lovetoride.net/santacruz

- Logged a minimum of 5 rides using a third-party tracking app – Strava or the equivalent

You can obtain additional entries by:

- Encouraging other participants to register and log at least one ride on Love to Ride: lovetoride.net/santacruz; One (1) additional entry per new participants encouraged
 - Attend and check-in for *Bike to Work Day* on Thursday, May 9th. One (1) entry for participating in Bike to Work Day.

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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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!

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:



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

The June Health Challenge



Get a head-start on the June *“Just Dance”* challenge. The *Just Dance* challenge encourages you to dance 60 minutes this month! That’s less

than two minutes per day!!! It's easy – just turn on some music and move! Simply hearing a good song will make you want to dance. Try it in the morning to start your day or when you get home for a quick energy boost! If you need some help with new moves look up the latest dances....YouTube is a great resource!

Dancing is a whole-body workout that's excellent for your heart, balance, coordination and mood! So kick up your heels and just dance!!! Or if you're near the Emeline Campus at lunch - join the Zumba class! (see information below).

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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.

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.

Recipes of the Week



Watermelon, Cucumber & Feta Salad



Smoked Salmon Pasta Salad