
From: Employee Wellness
Sent: Monday, September 21, 2020 4:56 PM
To: County Staff
Cc: Michelle Moore
Subject: Upcoming - Bike Month

**In this issue: Preparing for Flu Season, EAP Benefits,
Spinach Recipes and more.**

Employee Wellness



October is Bike Month

SANTA CRUZ BIKE CHALLENGE
BIKETOBER

OCTOBER 1-31, 2020

LOVETORIDE.NET/SANTACRUZ

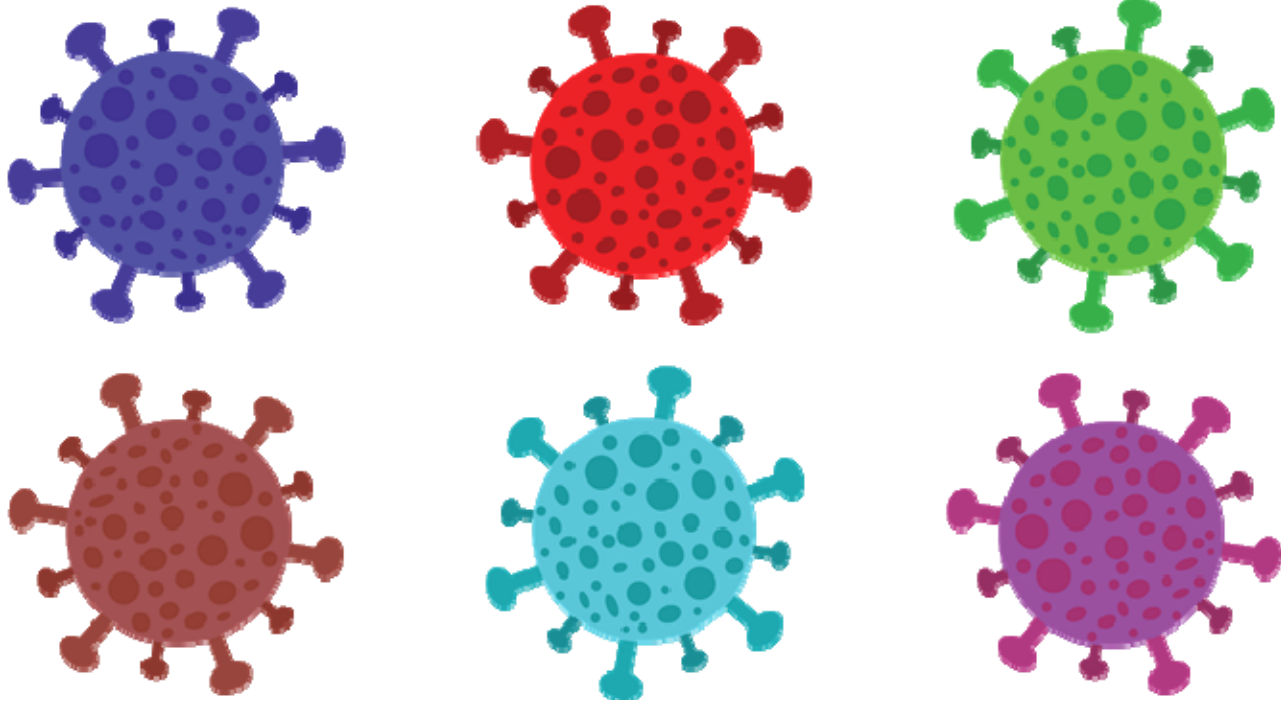
Set goals, climb leaderboards, and win prizes!

PRESENTED BY



[Register Here.](#)

Flu and COVID-19...



Get your flu shot!

The CDC says, “this season a flu vaccine is more important than ever!” And that “it can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients.” Check with your healthcare provider for vaccine information or click on the following link to find out more.

[Dignity Health](#)

Sutter Health
Kaiser

Virtual Yoga Resources



**Virtual yoga resources from our local community
and yoga studios**

TUESDAYS

Virtual Yoga with Kristal Caballero – Tuesdays @ 5:30pm

All levels welcome, this class is designed to relieve stress from the mind and tension from the body. Bring a yoga mat or towel, one or two blankets, and one or two pillows.

Donation based \$0-\$15. All are welcome - no one ever turned away.

[Kristal's class schedule and registration links here.](#)

WEDNESDAYS

Don't miss the NEW Virtual Yoga class w/Leslie Goodfriend – Wednesday's 7-8pm

This is a beginner+ class. Have a yoga mat or towel, one or two blankets, and one or two pillows.

Donation based \$0-\$15.
VENMO - @Leslie-Goodfriend

To access this course – please use the following link.

<https://ucsc.zoom.us/j/91641890819?pwd=YlhBMXVQMhF3TktsbGRrRnM4RU5UZz09>

Meeting ID: 916 4189 0819
Passcode: 986355

ANYTIME

Ongoing Yoga, Relaxation & Meditation Resources:

[Santa Cruz Yoga](#) – check out their online class offerings

[Luma](#) – offers Virtual Wellness (yoga, breathing, meditation, etc.)

[Luma Yoga Online Practice Library](#) – a variety of videos of yoga and breathing exercises

[Yoga for All Movement](#)

Farmer's Market



We're lucky to have fresh produce, in-season, grown locally, available to us at multiple locations throughout the county!

Check out the online Farmer's Market at Eatlocal.farm where 100% of product sales go to the farmers. You can also get fresh local fish and skip the grocery store.

Learn more [here](#).

Check out the local Farmer's Market too – don't forget to bring a mask.

Downtown Market: 1pm-5pm on Wednesdays

Westside Market: 9am-1pm on Saturdays

Live Oak: 9am-1pm on Sundays

Felton: 1pm-5:30pm on Tuesdays

Scotts Valley: 9am-1pm on Saturdays

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Spinach Recipes



Spinach & White Bean Soup



Ramen Noodles w/Miso Pesto



Green Smoothie

Mental Health Corner



Mental Health America has compiled a range of resources and information to assist you during this stressful time. Mental health information and resources related to COVID-19, isolation, anxiety, stress, and more can be found here:

<http://mhanational.org/covid19>

US Department of Health & Human Services website offers tips for coping after traumatic events and disasters. Many of our community members are evacuated from their homes and many have suffered the loss of their homes. All of us are experiencing this traumatic event in some way and it is important to take care of ourselves in the coming days and months. To learn more about coping with traumatic events and disasters from a mental health standpoint visit the US Department of Health & Human Services website [here](#).

Employee Assistance Program (EAP)



Personalized Wellness Coaching

Our wellness coaching services offer extra support when you're ready to change your life – helping you make a plan, and then offering the support, resources and accountability you need to succeed.

Our certified coaches can help you with all sorts of health issues, including:

- Weight management
- Smoking cessation

- Fitness and exercise
- Stress management
- Overall lifestyle improvement
- Lifestyle support for chronic conditions such as asthma, diabetes, and cardiovascular disease

To enroll:

Please contact MHN at 800-242-6220 TTY/TDD callers: 1-800-526-7014, Monday through Friday, 7:00 a.m. to 7:00 p.m. Pacific time; all other times, call 1-800-327-0801. We'll help you schedule an initial goal-setting consultation with your coach. This phone call usually lasts about 45-60 minutes.

Because this is a highly personalized program, you and your coach will decide what kind of help you need to reach your goals. You can:

- Schedule follow-up calls with your coach (participants average about four 15-30 minute consultations).
- Reach out as needed via phone, email or IM (coaches are available Monday through Friday, 7:00 a.m. to 8:00 p.m. Eastern time).
- Access multimedia programs, health assessments, menu planners, fitness trackers, and more through a secure, personalized web portal.
 - Receive personalized emails and coach-chosen materials.

For more information... login to MHN Employee Assistance Program:

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: santacruz