



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS



Vol. 1, Issue 85; <http://tiny.cc/CCHSWellness>

2021 CCHS WELLNESS SURVEY, NEW WELLNESS PLAYBOOK +

Since **March 2020**, the **CCHS Wellness Team** has offered a wide array of wellness programs to encourage and broaden your Wellness and Well-Being practice:

Playbook

Resource Lists

Virtual Concert

Walking Video

Massage

Wellness Kits

2 T'ai Chi Chih Videos

4 Posters

5 Dance Cardio Videos

18 Yoga Sessions

23 Expressive Arts Sessions

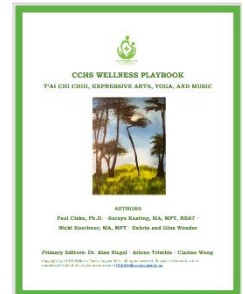
85 Wellness Tips

It is that time of the year again for the **2021 Wellness Survey**. Your responses will help the Wellness Team in curating Wellness activities that match your interests or needs. Last year, **130 staff** responded to the survey. Let's beat the numbers this year! Please **click the survey link or take a picture of the QR Code from your phone's camera** so you can start answering the survey.

<https://forms.office.com/g/aXsjNv2Qcm> . Survey closes on Oct. 31, 2021.



GIVEAWAY: To **thank you** for completing the survey, we are **giving away** a copy of the **new 65-page 2021 CCHS Playbook**. This Playbook includes the step-by-step of our T'ai Chi Chih, Yoga, & Mindfulness sessions and our #HipHopTurnUp playlist. To ensure survey response anonymity, please send your **Playbook requests (PDF/Hard Copy Version, your choice)** and/or latest **Wellness Kit requests** to CCHSWellness@cchealth.org **after completing the survey**.



TRY OUR NEW RECORDED WELLNESS VIDEOS! <https://cchealth.org/wellness/video-record.php>

T'AI CHI CHIH with Paul Ciske: T'ai Chi Chih is a modern form of chi gong which has the sole purpose of activating circulating, and balancing the life force or chi. It consists of **19 movements and one pose** that are done in a repetitive fashion alternated with stillness. The movements are very easy-to-learn and very accessible.



WALK IT OUT with Dahrio Wonder: With a #HipHopTurnUp vibes, you will **walk indoors** in all directions. This workout is perfect for all fitness levels. You will walk in place, in circles, forward, backward, side-to-side in a fun way **without leaving your home**. The video includes sit and stand segments as well.

SURPRISE, SUR-PRIZE! Watch **1 or 2 Recorded Wellness Videos** and **email us the title of the video with your feedback/comments**. We are giving away a **"Hero" wellness prize**

(while supplies last) this time. Spoiler Alert: **if you are one of our first few respondents, you may need to share with us your shirt size if you wish** or opt for other Wellness prize. CCHSWellness@cchealth.org

We care about you. We welcome your Bright Spots, videos, and heartwarming ideas. Please contact CCHSWellness@cchealth.org. Team Members: Priscilla Aguirre, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble.