



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS WE ARE ALL IN THIS TOGETHER!



Vol. 1, Issue xx; <https://cchealth.org/wellness/>

JULY 2022: NEW VIRTUAL SESSIONS AND RECORDED WELLNESS VIDEOS

Below are our fresh line-up of **June Wellness Sessions** that you may want to try **every Tuesdays, 6:10 PM – 6:35 PM.**

Zoom Webinar Link: <https://cchealth.zoom.us/j/92745210319?pwd=SFZlK1pYL3dqQUJmVh1ZldGejd2UT09>; **Passcode: Wellness**



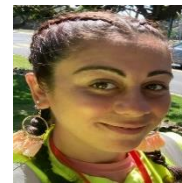
TRINA



JASMINE



ADELINA



CAROLINA

- **July 5: *Rejuvenating Rest* with Trina Dilag**
- **July 12: *Branding Is Manifesting* with Jasmin Ancheta**
- **July 19: *Move Past Your Fears Into Abundance* with Adelina Tancioco**
- **July 26: *Self-Publishing for the Imperfect Perfect* with Carolina Ayala**











The **Raffle Prize Winners** for June's Virtual Wellness Sessions are **Dee Araya and Amber Beshears!** *We have shipped your prizes!*

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

We have uploaded exciting new videos (10) that you can access **anytime** and **anywhere** with your friends, family, and colleagues using your personal device. Please send us your favorite video with quick feedback. **You might win a prize!** ----->



****Please note that as of today, **we have distributed all back-ordered hoodies** (except EVS and Personnel). *If you have submitted your video feedback and have not received your hoodie yet, please let us know asap.* CCHSWellness@cchealth.org.

- ***Rhythm Reboot: Drumming for Workplace Wellness* with Jeni Swardlow, 18 mins:** <https://cchealth.org/z/video/wellness-recorded-video-mindfulness16.mp4> 
- ***Compassion in Motion* with Wendy Figone, 19 mins:** <https://cchealth.org/z/video/wellness-recorded-video-mindfulness20.mp4> 
- ***Self-Myofascial Release* with Wendy Figone, 19 mins:** <https://cchealth.org/z/video/wellness-recorded-video-mindfulness15.mp4> 
- ***Yoga (Release and Recover)* with Wendy Figone, 19 mins:** <https://cchealth.org/z/video/wellness-recorded-video-mindfulness21.mp4> 
- ***Reiki for Stress Reduction* with Lyn Gabriel, 20 mins:** <https://cchealth.org/z/video/Wellness/LynGabriel-Reiki.mp4> 
- ***Sound Bath for Re-centering* with Jasmin Ancheta, 20 mins:** <https://cchealth.org/z/video/wellness-recorded-video-mindfulness14.mp4> 
- ***Visioning for Personal Transformation* with Adelina Tancioco, 20 mins:** <https://cchealth.org/z/video/wellness-recorded-video-mindfulness17.mp4> 
- ***Writing to Heal through Difficulty* with Kenia Rodriguez, 20 mins:** <https://cchealth.org/z/video/wellness-recorded-video-mindfulness18.mp4> 
- ***Hip Hop Turn Up Remix* with Dahrio Wonder, 30 mins:** <https://cchealth.org/z/video/wellness-recorded-video6.mp4> 
- ***Forest Bathing* with Wendy Figone, 31 mins:** <https://cchealth.org/z/video/wellness-recorded-video-mindfulness13.mp4> 

We care for you. Send us your bright spots, photos, and stories. We can also co-host your team/unit events/meetings with Wellness Incentives/Activities. Contact us: CCHSWellness@cchealth.org. Wellness Core Team Members: Priscilla Aguirre, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble. We thank Contra Costa Regional Health Foundation and CCHS Public Health for the support.