Employee Wellness Department  
Health Education Class Descriptions

Registration is required. Go to scClearn at www.sccgov.org/scClearn to register for all in-person health education classes. For technical support, email: TLC@isd.sccgov.org or call 408-918-7000. SSA employees must contact helpdesk@ssa.sccgov.org or call 408-755-7575 for technical assistance.

Note: If the class falls within your lunch hour, it is considered your own time and your supervisor’s approval is not required.

*Visit https://www.sccgov.org/sites/wellness/learn/Pages/webinars.aspx if you are interested in webinars.

Please review the class FAQs and the Participant Code of Conduct for more information on class attendance, registration and waitlists.

Below are descriptions for all Employee Wellness Department Health Education classes. Availability of classes varies each quarter.

Ranger Led Hike
Enjoy a leisurely-paced hike through one of three County parks: Calero County Park, Los Gatos Creek Trail, and Almaden Quicksilver County Park. Discover native plants, wildlife, and learn about historical park landmarks.

Calero County Park (moderate): ~2 to 5 miles. This hike offers a little more challenge. Trail conditions may range from good to rugged. The trail loop is almost entirely in full sun with multiple inclines and declines. There is about a 430 ft. elevation change. Not suitable for employees who have difficulty walking or health issues (i.e. allergies, asthma). Suited for those with experience hiking and feel comfortable walking uphill.

Coyote Lake County Park (moderate): ~3.75 miles. This trail offers spectacular views of the south Santa Clara Valley and Coyote Lake.
Presented by Parks and Recreations

Good Night, Sleep Tight!
Getting a good night’s rest can seem difficult at times but there are many things we can do to ensure we sleep well. Learn more about common sleep issues and ways to resolve them in order to achieve a better night’s sleep. Presented by Health Net Webinar.

Lung Health: Cold, Flu, Allergies, and Asthma
Learn more about colds, flus, allergies and asthma so that you can improve your lung health and beat the cold season that is coming up. Presented by Health Net Webinar.

Meditation Series
It’s time to discover the benefits of meditation. Learn how to calm your mind, tone your body and attract more joy into your life. Classes are exclusive to County employees and appropriate for all fitness levels. Whether you’re new to mediation or an advanced practitioner, learn how to naturally develop more happiness, inner peace and contentment. Each 30-minute session is led by Chinese medicine master and Morning Crane founder
Chris Shelton. Learn gentle movements and breathing exercises that help you feel relaxed and balanced, increase energy and creativity, shift patterns of negativity and fear, and activate feelings of hope, purpose and joy. Presented by Morning Crane Healing Arts.

Money Talks: Stop It from Saying Goodbye
Poor financial management can be a major cause of stress for many people. Discover ways to better handle your money so that your bank account and health can benefit. Presented by Health Net Webinar.

Taking Care of Yourself While Taking Care of Others
If you've dedicated your life to helping others, Qigong Master Chris Shelton wants to help you reclaim your vitality and energy. Learn simple movement-and-meditation techniques that nourish your mind, body and spirit. Boost your energy, patience and sense of purpose while deepening your connection and compassion.