EMPLOYEE WELLNESS DIVISION

SERVICE REQUEST GUIDELINES:

- All requests must be submitted 4-6 weeks in advance
- The minimum number of employees required for all requests is 10
- Requests are fulfilled based on staff and/or vendor availability
- The Employee Wellness Division reserves the right to limit the number of services per requesting department
- All cancellations must be made within 2 weeks of the confirmed service date
- There is no guarantee of service if requests are modified 4 weeks prior to the confirmed service date

CONTACT US

408-678-2310
wellness@ewd.sccgov.org
www.sccgov.org/wellness

STEPS TO REQUEST:

1. Review the guidelines
2. Select from the Menu of Services
3. Visit our website to submit your request

MENU OF SERVICES
The Employee Wellness Division provides services to individual departments for their staff meetings or day-away/retreats. Services are provided for County of Santa Clara employees only. Please read the Service Request Guidelines before submitting a request.

**EVENT/STAFF DAY-AWAY SUPPORT**

We can support your event by:
- Setting up an information table to provide health education
- Leading an activity at your event such as a group stretch break

**DIVISION OVERVIEW**

One of our team members presents a 15-20 minute overview of the Employee Wellness Division and the many services and programs we provide to County employees.

**EVENTS & MEETINGS SUPPORT**

Our health promotion workshops address various topics to foster health and well-being. Each workshop is 45-60 minutes in length. Workshops are provided indoors only and require a power source.

**WORKSHOPS**

**HEALTH PROMOTION**

Topics subject to change based on instructor availability.

**EMOTIONAL HEALTH/WELL-BEING**
- Gratitude
- Laughter as Medicine
- Mindfulness for Health & Happiness
- Mindfulness Meditation
- Stress Management

**HEALTHY LIFESTYLE**
- Back Care
- Sleep Health
- Turn Off, Tune In (Digital Detox)

**FITNESS CLASSES**

**PHYSICAL ACTIVITY**

Each of the following classes range from 30-60 minutes in length. Activities can be held indoors or outdoors.

- Dance Fitness (Zumba, Dance Fusion, U-Jam)
- Stretching★
- Tai Chi
- Qi Gong Flow
- Yoga

★: Available for 15-30 min. in length

**NUTRITION**
- Smart Eating
- Eating in Season

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