



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

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## THANK YOU TO ALL OUR CCHS HEALTHCARE HEROES



To **celebrate the Second Year Anniversary of CCHS Wellness** and **appreciate all our staff**, we are pleased to inform you that we are installing **Banners** with the message, **"Thank You to All Our CCHS Healthcare Heroes. We Care for You."** in strategic locations throughout CCRMC/HC in recognition of your dedication. While we wanted to install the banners in all locations, due to real estate constraints, we can only deploy the banners in select places. We also published the **Appreciation Screensaver** and **iSite Story** so we can virtually reach more of our amazing staff.

*Thanks to **Kim McCarl, Sonia Garcia Rodriguez, and CEI Staff** for helping us in the graphic design process as well as **Dave Runt, Dave Duet, Facilities, Materials Management, and Public Works Staff** for helping us in the installation of the banners.*

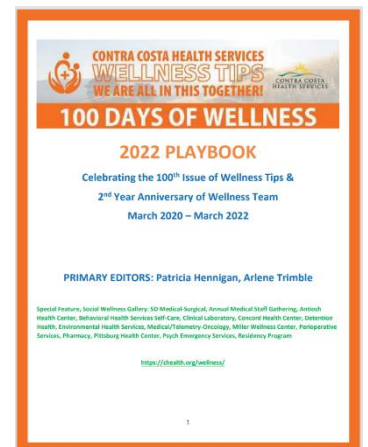
As previously announced by **Dr. Samir B. Shah**, we just published the **2022 Wellness Playbook, 100 Days of Wellness**. This is a compilation of the **100 Wellness Tips** that we have published with a special feature, our **Social Wellness Gallery**. You might find your Team Photos in this Playbook!

<https://cchealth.org/wellness/pdf/100-Days-of-Wellness-Playbook.pdf>.



**If you wish to receive a free printed copy of the Playbook, please send us your/your team's selfie with the Appreciation Banner.**

**CCHSWellness@cchealth.org**. Available while supplies last.



**We Care About You.** We love to hear from you! We welcome your wellness bright spots, stories, traditions, hobbies, photos, and videos. **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. Contact [CCHSWellness@cchealth.org](mailto:CCHSWellness@cchealth.org).