

WE ARE ALL IN THIS TOGETHER

CELEBRATING THE RETURN OF THE LIGHT: WINTER SOLSTICE

The winter solstice is happening on **Monday, December 21, 2020** which marks the official arrival of winter, shortest period of daylight and the longest night of the year. Many cultures hold feasts and celebrate holidays around the **winter solstice** to welcome the new cycle and return of longer days, celebrate the year that has passed, and share good wishes and positive energy for the year to come. During this time of renewal and new beginnings, we hope that you are keeping your healthy traditions alive and reconnecting with others safely.



Wishing everyone a bright, joyful, and warm Winter Solstice!



The Regional Parks Foundation, Kaiser Permanente, and EBRPD are sponsoring free and virtual **Multicultural Wellness and Fitness Programs**. This is a wonderful opportunity for us to re-connect, have some fun, and encourage each other to better and stronger health!

- Thurs. 12/17 – 5pm - 6pm: **Movement** with Vince Hall – Stretches to Increase Your Flexibility. Use [this link](#)
- Sat. 12/19 – 10am - 11am: **Yoga and Storytelling** w/ Liz Nichols – Fun & Easy Animal and Bird Poses. Use [this link](#)
- Wed. 12/23 – 5pm - 6pm: **Yoga and Storytelling** w/ Liz Nichols – Fun & Easy Under the Sea. Use [this link](#)
- Sat. 12/26 – 10am - 11am: **Zumba** with Araceli Leyva (English and Spanish). Use [this link](#)
- Wed. 12/30 – 5pm - 6pm: **Zumba** with Carah Herring and Nannette Vides (English and Spanish). Use [this link](#)



LISTENING CORNER: We Are Family



Kim Sledge (Sister Sledge) and The World We Want Enterprise in support of **WHO Foundation** (with the **Tongan Nurses Choir**) re-recorded the unity anthem **"We Are Family"** in response to Covid-19 and **to dedicate to frontline workers** and focus on global public health needs.

<https://www.who.int/news/item/09-11-2020-out-now-special-edition-cover-of-we-are-family-available-for-download-in-support-of-who-foundation!>



- **Flu Clinic for County Employees by Appointment:** Mondays and Thursdays 8 AM – 11:15 AM, Vista Oaks Occupational Medicine, 10 Douglas Drive, Suite 11, Martinez, 925-787-6440; <http://cchealth.org/flu/>
- **Inside Contra Costa, Covid-19 Resources:** <http://insidecontracosta.org/667/COVID-19-Resources>
- **CCHS CCRM, HCs & Detention Covid-10 Resource Site:** <https://contracostahsd.sharepoint.com/sites/CCRMHealthCentersCOVID-19ResourceSite>
- **2020 Counties Care Holiday Food Fight:** foodbankccs.org/holidayfoodfight



We care about you. Thank you for all the wonderful things you do here at work. We welcome your Bright Spots, videos, and heartwarming ideas. **We are also distributing Wellness Kits at this time (available while supplies last).** Please contact CovidWellness@cchealth.org. Team Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble