



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS

Vol. 1, Issue 82; <http://tiny.cc/CCHSWellness>



NEW! AUGUST CCHS WELLNESS AND BHS SELF-CARE CALENDAR

MONDAYS AND WEDNESDAYS, 4:10 PM – 4:30 PM, <https://cchealth.zoom.us/j/9258323238>

Mon, Aug. 2: **Healing our Village Reflective Meditation**
by **Chris Celio**

Wed, Aug. 18: **Gratitude as an Attitude** by **Nicki Koethner**

Wed, Aug. 4: **Movement for Relaxation and Stress Management** by **Nicki Koethner**

Mon, Aug. 23: **Loving Kindness For Ourselves** by **Roxanne Belotti**

Mon, Aug. 9: **Forgiving Others Meditation** by **Priscilla Aguirre**

Wed, Aug. 25: **Breathwork and Intention Setting for Focus** by **Suraya Keating**

Wed, Aug. 11: **Body Scan** by **Claire Battis**

Mon, Aug. 30: Yoga. **Breath, and Affirmation to Promote Relaxation** by **Suraya Keating**

Mon, Aug. 16: **Emotional Orchestra Movement and Sound** by **Nicki Koethner**

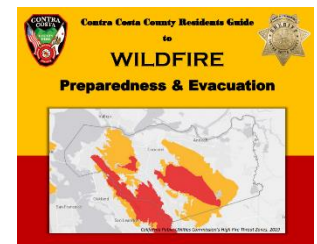
AUGUST CELEBRATIONS

Health Unit Coordinator Week: August 23 – 29, 2021



RESOURCES

- Prepare for Wildfire Season Now! Guide to Wildfire Preparedness and Evacuation: <https://www.contracosta.ca.gov/DocumentCenter/View/60616/Residents-Contra-Costa--County-Wildfire-Guide?bidId=>
- Contra Costa Public Safety and Emergency Info: <https://www.contracosta.ca.gov/5435/Public-Safety-Emergency-Info>
- CA Digital Covid Vaccine Record: <https://myvaccinerecord.cdph.ca.gov/>



24/7 WELLNESS AT HOME, VIDEO INVENTORY

<https://cchealth.org/wellness/video-record.php>

Did you know that you can watch and enjoy 25 free short videos (Dance, Mindfulness Yoga) at home/after hours with your family and/or friends using any device? Scan the QR Code with your camera to view them.



We care about you. We welcome your Bright Spots, videos, and heartwarming ideas. We are also distributing EXA Workbook 1 & Wellness Kits at this time (available while supplies last). Please contact CCHSWellness@cchealth.org. Team Members: Priscilla Aguirre, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble.