



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



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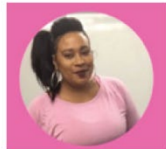
## OCT. 2022 WALK TO WELLNESS VIRTUAL SESSIONS AND SNACK HACKS CHALLENGE

We are inviting you to attend our free live/virtual 20-min. **Walk to Wellness w/ Tiffany Bell** every Tuesday (Oct. 4, 11, 18, 25) @ 6:10 PM – 6:35 PM. **Feel free to share the link with your colleagues/friends/neighbors.**  
**Zoom Link:** <https://cchealth.zoom.us/j/96666039544?pwd=UmVtZHp5bGF2K3FQOFJ3RUtmRHpaZz09> ; passcode: wellness

## OCTOBER 2022 WELLNESS SESSIONS

### WALK TO WELLNESS WITH TIFFANY BELL

TUESDAYS, 6:10 PM – 6:35 PM



Oct 4: Eating for Wellness  
Oct 11: Walking n Wallwork  
Oct 18: Walking n Wallwork  
Oct 25: Walking n Chairwork



This is a Joint Partnership between the CCHS Wellness Team and Public Health Community Wellness Prevention Program.

**Join Here!**  
passcode: wellness

 [cchealth.org/wellness](https://cchealth.org/wellness)  
Please contact [CCHSWellness@cchealth.org](mailto:CCHSWellness@cchealth.org) if you have any questions.



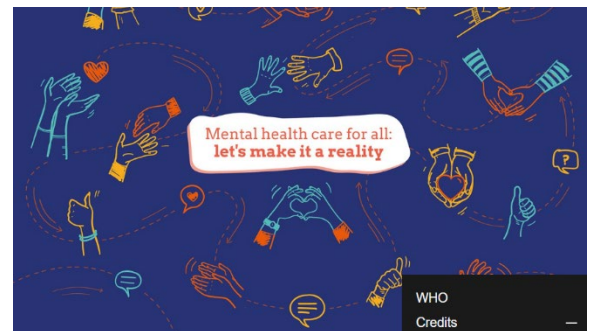
## CURRENT CHALLENGE: SNACK HACKS CHALLENGE

Please send a photo of your favorite **snacks** to [CCHSWellness@cchealth.org](mailto:CCHSWellness@cchealth.org) by **October 15.**



## WORLD MENTAL HEALTH DAY, 10/10/22: RESOURCES

- Behavioral Health Access Line: 1-888-678-7277
- Contra Costa Crisis Center: 1-800-833-2900
- Employee Assistance Program: 800-229-8674
- NAMI Helpline: 1-800-950-6264; Text "HelpLine" to 62640
- Physician Support Line: 1-888-409-0141



**We Care About You. Wellness Core Team Members:** Priscilla Aguirre, Amanda Dold, Will Harper, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble. Contact Info: [CCHSWellness@cchealth.org](mailto:CCHSWellness@cchealth.org)