

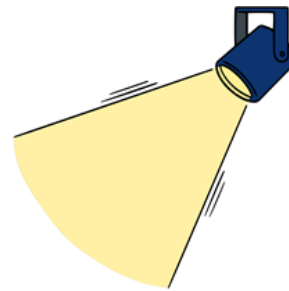


Wellness WEDNESDAY

NEWSLETTER

February 2025

MONTHLY SPOTLIGHT



Kaiser Mobile Health Vehicle

In February, the Kaiser Permanente Mobile Health Vehicle will visit two locations, offering a range of mobile health services for County employees to both Kaiser and non-Kaiser members. This effort aims to promote early illness detection, improve health outcomes, and ensure County employees receive essential healthcare services in a convenient and accessible manner. Services include flu shots (if available), blood pressure checks, glucose testing, and measurements of height, weight, and BMI for all County employees. Kaiser members will also have the opportunity to receive lab work as part of their preventative care plan, along with other immunizations. Walk-ins are welcome at these events.

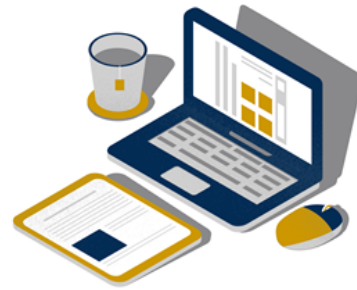
Thursday, February 13th

Victorville TAD & CFS
15010 Palmdale Rd, Victorville
9:40 am - 10:40 am &
12:00 pm - 1:40 pm

Thursday, February 20th

Rancho Cucamonga CFS
9518 E St, Rancho Cucamonga
9:40 am - 10:40 am &
12:00 pm - 1:40 pm

WELLNESS WEBINARS



Looking to boost your well-being? Join our upcoming **Wellness Webinars**, where we'll explore a variety of topics designed to help you thrive personally and professionally. Don't miss this opportunity to invest in yourself!

February's Webinar schedule:

All Webinars are held at 12 PM (Unless otherwise noted)

[02.05.2025 – Managing Your Weight \(Kaiser Live & Recorded\)](#)

[02.11.2025 – SCB Wellness App Exploration \(Cordico Live & Recorded\)](#)

[02.13.2025 – Preparing Healthy Meals & Dining Out \(Kaiser Live & Recorded\)](#)

[02.20.2025 – Medicare 101 \(Kaiser/Blue Shield Live & Recorded\)](#)

[02.25.2025 – Basic Leadership Skills for Everyone in Every Job \(Telus Live Webinar **Only**\)](#)

[02.27.2025 – Refresh, Renew, Repair Yoga \(Kaiser Live & Recorded\)](#)

Earn **500 Wellable points** for every webinar you attend. Register for the entire year [here](#)!
Can't make it live? No problem! Simply register, and we'll send you the recording afterward.

LOCAL RECOMMENDATION



Ice Skating at Santa's Village

Ice skating at [SkyPark at Santa's Village](#) offers a magical, winter wonderland experience, perfect for families, friends, and visitors of all ages. Set in the heart of the San Bernardino Mountains, this charming alpine village features a beautifully maintained outdoor rink surrounded by breathtaking forest views. Whether you're a seasoned skater or a first-timer, the rink provides a fun, festive atmosphere with twinkling lights and the cozy mountain air adding to the enchantment. After skating, visitors can explore the village's delightful shops, enjoy a hot cocoa by the fire, or take part in seasonal activities, making for a truly memorable day in this picturesque, holiday-inspired setting.

For more information, visit [SkyPark at Santa's Village](#) and start planning your winter adventure today!

HEALTH CARRIER RESOURCES



Kaiser Permanente's Health and Wellness

Kaiser Permanente's Health and Wellness webpage provides a wealth of resources to help individuals take control of their well-being. It offers expert advice, articles, and tools on fitness, nutrition, mental health, and preventive care. Members can access a range of features including self-care apps, health classes and programs, wellness coaching, fitness deals, a comprehensive health encyclopedia, a recipe library, support groups, and more. With all these tools at your fingertips, it's easier than ever to live a healthier, more balanced life.

To learn more, visit: [Kaiser Permanente Health & Wellness](#)

RECIPE OF THE MONTH



Red Pepper Hummus with Zucchini

This vibrant, Mediterranean-inspired dish is a delicious blend of creamy roasted red pepper hummus and tender, sautéed zucchini. The hummus is made by blending chickpeas, roasted red peppers, tahini, and fresh lemon juice for a smooth, flavorful spread, while the marinated zucchini adds a fresh, savory crunch. Topped with toasted pine nuts, this dish is both light and satisfying.

This dish is perfect as a light appetizer, snack, or side, combining fresh vegetables with rich, creamy flavors for a satisfying bite.

Click [here](#) to login to Wellable & access this recipe!

You may be prompted to enter an access code—simply bypass this by clicking the sign-in link instead.

HEALTH & FITNESS TIP



A great health tip for February is to focus on **mindful eating**. As we settle into the year, it's easy to rush through meals, especially with the hustle and bustle of winter. But taking the time to really focus on what you're eating—chewing slowly, savoring the flavors, and listening to your body's hunger cues—can improve digestion, prevent overeating, and help you make better food choices.

It's a small shift that can have a big impact on how you feel and your overall wellness. Plus, the colder weather can sometimes make us reach for comfort foods, so being mindful can help you stay on track without feeling deprived.

INSPIRATIONAL QUOTE



"Take care of your body, it's the only place you have to live." — Jim Rohn

SELF-CARE TIP



10 Self-Care Tips to Help You Feel Your Best This February

1. Embrace Cozy Moments

February often brings cold, dreary weather, so make the most of it by creating cozy moments. Light some candles, wrap yourself in a blanket, and enjoy a warm beverage like tea or a [healthy hot chocolate](#). Sometimes slowing down and creating a comforting environment is all the self-care you need.

2. Prioritize Sleep

Winter months can leave us feeling a bit sluggish, so it's a great time to focus on improving your sleep hygiene. Aim for 7-9 hours of quality sleep each night. Create a peaceful bedtime routine, limit screen time, and keep your room cool and dark to encourage restful sleep.

3. Get Moving with Winter Activities

If you enjoy outdoor activities, winter is a great time for snowshoeing, skiing, or winter walks. If it's too cold for you, try some indoor exercises like yoga, stretching, or at-home workouts to keep your body active and energized.

4. Practice Gratitude

February is a good time to reflect on the things you're grateful for. Consider starting a gratitude journal, where you write down three things you're thankful for each day. It's a simple yet powerful way to boost your mental well-being and shift your mindset.

5. Hydrate and Nourish Your Body

With the colder air, it's easy to forget to hydrate. Drink plenty of water and focus on nourishing your body with wholesome foods like vegetables, fruits, and whole grains. Don't forget to include foods rich in vitamin C and immune-boosting nutrients to stay healthy!

6. Pamper Your Skin

The dry winter air can take a toll on your skin. Set aside time for a relaxing skincare routine, using hydrating masks or oils to give your skin some extra love. Consider doing a soothing at-home facial or a warm bath to unwind and rehydrate.

7. Set Intentions for the Month

Take a moment to reflect on your goals and intentions for February. What would you like to focus on this month—whether it's improving your mental health, exploring new hobbies, or simply slowing down? Setting small, achievable goals helps keep you motivated and grounded.

8. Spend Time in Nature (Even in Winter)

If you can, take a walk in nature. Whether it's a stroll in a nearby park, a hike through the woods, or just sitting outside, being in nature—even during winter—has proven benefits for reducing stress and boosting your mood.

9. Nurture Your Relationships

February is the perfect month to show your appreciation for loved ones, whether it's through a heartfelt note, a phone call, or spending quality time together. Strengthening your support system can do wonders for your mental health.

10. Practice Mindfulness

Spend a few minutes each day practicing mindfulness. It can be as simple as taking deep breaths and focusing on the present moment. These practices help reduce stress and enhance your overall sense of well-being.

Taking time for self-care is essential, and small, intentional practices can make a big difference in how you feel.