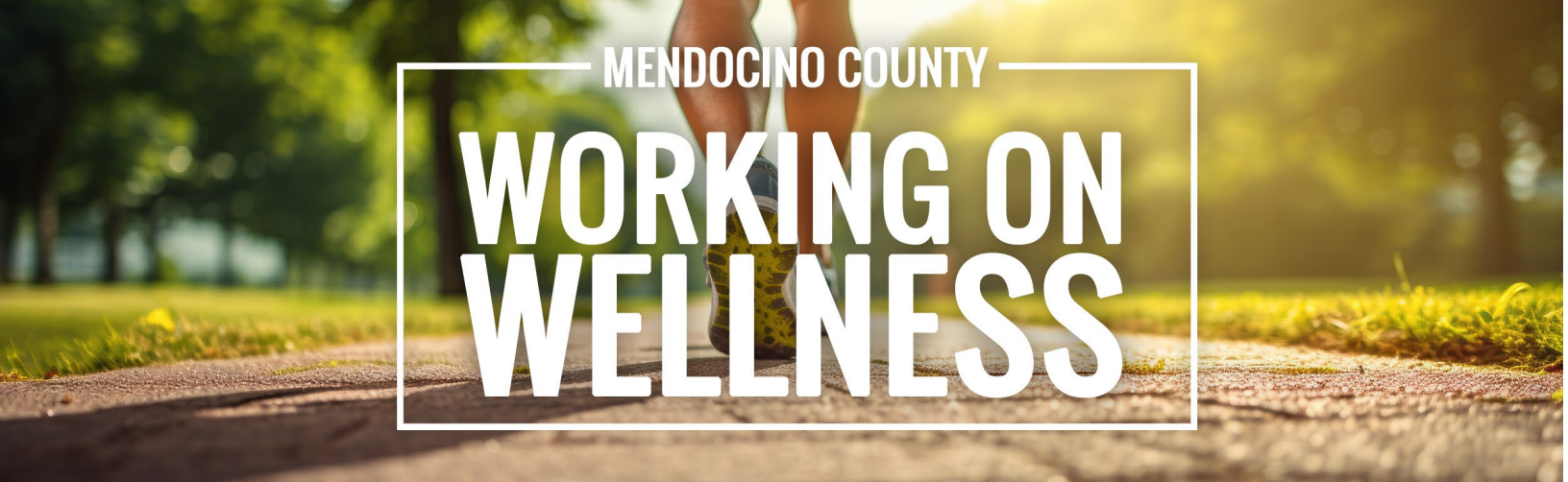




MENDOCINO COUNTY WORKING ON WELLNESS

Holiday Support Through the Employee Assistance Program

Tools and support to stay grounded and plan ahead

As the holiday season reaches its busiest stretch, MCWOW encourages employees to take advantage of the support available through the County's Employee Assistance Program (EAP). The EAP offers **free financial counseling** to help staff manage year-end expenses and plan for the year ahead, along with timely educational **webinars**. Employees and their household members also have access to **free confidential counseling and legal assistance** -- resources that are a helpful way to stay on track during a season full of joy, activity, and occasional stress.

Click [here](#) to learn more about the Employee Assistance Program and how it can benefit you.

Healthy Holiday Cooking Demos

Tips and tricks to eat healthier during the holidays

MCWOW partnered with Blue Zones Mendocino County to host healthy cooking demonstrations at County buildings in Fort Bragg, Ukiah, and Willits. The events were well attended, and staff enjoyed the opportunity to gather around delicious food, learn some healthy holiday cooking hacks, and win prizes.

There is one more demonstration scheduled for December:

- **December 17th** from 3pm – 4pm at the **Ukiah** Administration Center

Click [here](#) to learn more and register for the final event!





MENDOCINO COUNTY WORKING ON WELLNESS

Nurture The Good in Your Life Especially during the holidays!

MCWOW wrapped up its fall wellbeing challenge, *Good Nurtured*, on October 26th. This 6-week challenge encouraged employees to nurture the good in their lives by practicing kindness toward themselves and others. Out of **184 registered participants, 79% met the Incentive Reward goal** and earned 3,500 Wellness Incentive points.

Notably, **55%** of registrants **completed the end-of-program evaluation**, reflecting strong engagement throughout the challenge. Participants highlighted the focus on kindness, the variety of daily tasks, and the easy-to-use format. They also appreciated the brief readings, helpful links, opportunities for reflection, shared stories, recipes, and sense of connection.

MCWOW is grateful to offer wellbeing challenges that support the whole person and we look forward to providing additional fitness and holistic wellbeing opportunities in 2026.

