

A person is running on a paved path in a park. The background is a lush green landscape with trees and grass, bathed in warm, golden light. The text 'MENDOCINO COUNTY' is at the top, and 'WORKING ON WELLNESS' is in large, bold letters in the center, both within a white rectangular frame.

MENDOCINO COUNTY

**WORKING ON
WELLNESS**

MCWOW LAUNCHES FALL WELLNESS CHALLENGE

This fall, MCWOW is offering *Good Nurtured*, a 6-week wellness challenge that encourages employees to practice kindness, civility, and graciousness toward themselves, others, and the broader community. These habits support physical, emotional, and mental well-being while boosting happiness, vitality, and resilience. Participants choose the “good things” most meaningful to them each week, track progress through fun, animated scenes, and earn **3,500 Wellness Incentive Points** for completing 40 challenge points. The challenge runs **September 15th thru October 26th** and is open to all County employees, and their spouse or domestic partner covered on the County health plan. Click [here](#) to learn more about *Good Nurtured*!

BIOMETRIC HEALTH SCREENING SEASON NEAR END

To date, the County has facilitated 10 biometric screening events, and over 400 County employees have learned more about their health. There are just two biometric screening events remaining this year:

- **September 24th at the Sheriff's Office Training Center in Ukiah (6am-9am)**
- **September 25th at the Department of Transportation (7am-10am)**

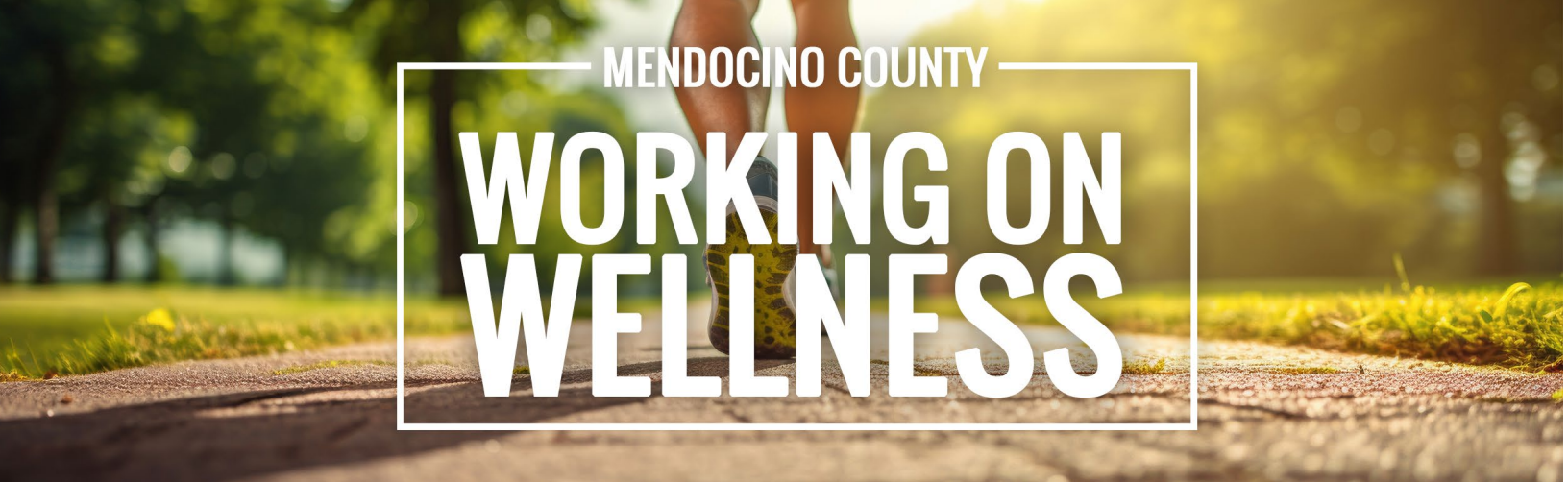
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While employees at these locations have scheduling priority, **a few spots are still available**. Spouses and domestic partners covered on the County health plan are also welcome, making this a convenient way for families to check in on their health without needing a doctor's appointment or time away from work. Learn more about [MCWOW Health Screenings](#) or contact mcwow@mendocinocounty.gov for personalized assistance.

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MCWOW OFFERS FLU SHOT CLINICS TO COUNTY EMPLOYEES

MCWOW is once again partnering with the Mendocino County Department of Public Health to provide County employees with **FREE flu vaccinations**. Per Policy 29, these clinics are OK for County time and make it easier for our public servants to protect themselves and others from the flu. Clinics begin in late September and are held at various County locations in Ukiah, Fort Bragg, and Willits. Spouses and domestic partners covered on the County health plan may attend these events as well. Click [here](#) for more information about MCWOW Flu Shot Clinics.

NUTRITIONAL GUIDANCE FOR COUNTY EMPLOYEES

County employees and their spouse or domestic partner covered on the County health plan have access to a personalized [Nutrition Guide](#) through the [Personify Health](#) wellbeing platform. A brief quiz identifies each individual's eating style and generates tailored recommendations to build healthy habits and routines. The program supports adjustments to eating patterns, monitors healthy habits and weight within the platform, supports tracking of calories through MyFitnessPal, and provides access to a variety of nutritious recipes from Foodsmart. The [Nutrition Guide](#) offers practical tools to help employees and their families make sustainable changes that support overall health and wellness.

