

MENDOCINO COUNTY WORKING ON WELLNESS

NEW FOR 2025:

Earn Wellness Incentive Points for Volunteering and Supporting Locally Sourced Food



This year, the County's [Wellness Incentive Program](#) rewards employees for giving back to their communities through **Volunteer Service**. By participating in activities like nonprofit work, community clean-ups, mentoring, or serving on County leadership teams, employees enhance their well-being while strengthening the community.

The Wellness Incentive Program also rewards employees for **Supporting Local, Healthy Eating**. By choosing fresh, locally sourced foods, employees can boost their nutrition, increase energy, and improve their overall well-being while also contributing to environmental sustainability and supporting their local economy.

To learn more about Mendocino County Working on Wellness (MCWOW) and the Wellness Incentive Program, please click [here](#).

BUILD HEALTHY HABITS:

The Spring Wellness Challenge is Underway



Each year, MCWOW hosts two wellness challenges – one in the spring and one in the fall. This year, staff are enjoying the *Coast to Coast* Spring Fitness Challenge which runs March 3rd through April 13th. During this 6-week challenge, County employees are encouraged to walk at least 6,000 steps a day, eat more fruits and veggies, and take two 2-minute time outs each day. As of March 3rd, 136 employees had joined the challenge. The challenges help connect the various departments of County employees through the Wellness Wall and promote well-being habits that last long after the journey is over. Click [here](#) to learn more about the Spring Fitness Challenge.

