

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of March 1, 2023**

Committee Members:

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| <input checked="" type="checkbox"/> Duetta Wasson | <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Norma Vizcarra | <input checked="" type="checkbox"/> Arthur Gonzalez |
| <input type="checkbox"/> Lucy De Leon | <input type="checkbox"/> Seth Meyers | <input checked="" type="checkbox"/> Stacy Lee | <input type="checkbox"/> Alexis Carter |
| <input checked="" type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Marta Lopez | <input type="checkbox"/> Faculty Rep (vacant) | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> Lorraine Jones | <input type="checkbox"/> Lizette Henderson | <input checked="" type="checkbox"/> Misty Kolchakian | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Chris Failla attended for Seth Meyers. Introductions were made to those who had not met.	
2. Agenda Review	Reviewed.	
3. Review Group Memory – February 8, 2023.	Reviewed and approved.	Andie will post to the website.
4. Walker Tracker Update	The New Walker Tracker Challenge will start on March 6 th . Lorraine and Duetta will be meeting with walker to discuss options with challenges. The new challenge is called Spring vibes (mind and soul). 56-day format.	
5. Upcoming Employee Wellness Classes	There has been a delay in the Flyer due to the Olympic Classes being added. Lorraine teamed up with the water polo coaches and will be using a team builder application. It will help track the program for the individual using it. It can be specialized, and all staff will have access to the app.	

	<p>Breath work classes are still taking place.</p> <p>In a week and a half 350 enrollments total – 210 Employees and Faculty.</p> <p>Registration is online now, and everyone will need ID to use the facility.</p>	
<p>6. Employee Mental Health Update – Marta/ Chris</p>	<p>Health Fair is on March 27, 2023. Located at building 9C focused for Students.</p> <p>Series of Workshops and classes for Employees:</p> <ul style="list-style-type: none"> • Caregiver resources on 3/15 and 3/29 from 12 to 1 (virtual) • Post-partum sign and symptoms workshop on 4/11/23 from 9am -10am. • Stress burns out on 4/21/23. • Break the stigma of mental health on 5/12/23 from 11am-12pm. • Self-care plan mental awareness on 5/25/23 from 12pm-1pm. <p>Full-Time clinician has started.</p> <p>The New Director Jaime Solis started today for Student Health Services and her office is in 9E.</p>	
<p>7. Roundtable</p>	<p>The group discussed the Bodie fundraiser – Lorraine wants to send an email to come into the Wellness Center and a QR code to donate. Have classes in remembrance for Bodie. Remembrance of Bodie – Work out day.</p> <p>March is National Nutrition Month – Sandra will send info to Lorraine to send out in her emails.</p> <p>Discussed having the Employee Wellness Fair and future items. We will make it a standing agenda item to discuss</p>	<p>Joe and Lorraine will reach out to Fiscal on the fundraiser.</p>

	future. What organizations and vendors to use and Location of the fair.	
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FUTURE MEETING DATES

April 5, 2023