

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of August 2, 2023**

Committee Members:

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|--|---|--|---|
| <input type="checkbox"/> Duetta Wasson | <input 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 type="checkbox"/> Misty Kolchakian | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions		
2. Agenda Review	Reviewed.	
3. Review Group Memory – June 7, 2023.	Reviewed and approved.	Andie will post to the website.
4. Walker Tracker Update	The new Walker Tracker Challenge started on July 17, 2023. Currently there are 228 participants registered. Lorraine added the Map to the challenge.	
5. Upcoming Wellness Classes	<p>Fitness group classes start for fall at the end of August. Lorraine would like to promote a gathering possibly called Fall into Fitness. She is working on the date.</p> <p>The Wellness Center is still offering Yoga classes, cycling and functional training.</p> <p>We will be renewing the St Jude and Breathworks classes and agreements. Submitting to Board for Approval.</p>	

	<p>The Wellness Center is working on having the AV screen postings that will have all different kinds of information displayed.</p> <p>Lorraine have been able to work with Interns and will have an intern for personal training either from 6am-8am or 5pm-7pm to accommodate staff.</p>	
<p>6. Employee Mental Health Update – Marta/ Seth/ Chris</p>	<p>The flyer for the ECC should go out every month. Minority mental health month was in July.</p> <p>The ECC has been busy with individual appointments. Departments have been requesting Self-care classes for their staff.</p> <p>Smoking sensation program and workshops should be available soon.</p> <p>Andie will work with Marta and Lizette regarding over night crew and having the ECC come and do a workshop with them.</p>	
<p>10. Employee Wellness Fair</p>	<p>Lorraine spoke to Run Republic. Discussed other options regarding vendors who can participate. Norma is helping confirm the Kaiser Mobile Van.</p> <p>Date of Event: October 19, 2023 Timeframe: 10am-1pm 50 first come serve for give aways.</p> <p>Andie will check on waiver for vendors and if they are needed. Also, will work on the location of event with Event Services.</p> <p>The group discussed possible Pins to collect for reaching goals with the Walker Tracker Challenges. Similar to the Christmas pins that staff collect.</p>	

FUTURE MEETING DATES

September 6, 2023