

<b>Mt. San Antonio College Employee Wellness Committee</b>
<b>February 7, 2023</b>

<b>Committee Members</b>		
Lorraine Jones	Norma Vizcarra	Kevin Truong
Stacy Lee	Lizette Henderson	Duetta Langevin
Marta Lopez	Arthur Gonzalez	Jamie Solis
Larry Silva	Misty Kolchakian	Joe Jennum
Lucy DeLeon	Sandra Weatherlit	
Chris Failla	Adam Roman(Notes)	
<b>ITEM</b>		
<b>DISCUSSION/COMMENTS</b>		
<b>ACTION/OUTCOME</b>		
<b>1. Welcome/Introductions</b>	Introductions and New Announcements	
<b>2. Agenda Review</b>	Reviewed.	
<b>3. Purpose and Function</b>	Reviewed	
<b>4. Membership Review</b>	<ul style="list-style-type: none"> <li>• Dolores Gonzales - &gt;Marta Lopez</li> <li>• Adam Roman-&gt;Vanessa Salazar</li> <li>• Duetta Langevin -&gt;Staying on as Risk Management Representative</li> <li>• Kevin Truong - Director Professional &amp;</li> <li>• Extra Position appointed by Academic Senate -             <ul style="list-style-type: none"> <li>○ Yes - We would like someone with expertise in the health and wellness field.</li> </ul> </li> </ul>	Incorrectly labeled with 14 people. Meeting next time to see if the team wants a 16 <sup>th</sup> person.

<b>5. Walker Tracker Wrap-Up</b>	<ul style="list-style-type: none"> <li>Hats were expensive as gifts. Moving it back to accommodate time to purchase hats. Move to March 7 around noon.</li> </ul>	
<b>6. Upcoming Employee Wellness Classes</b>	<ul style="list-style-type: none"> <li>Yoga</li> <li>Boot Camp</li> <li>Zumba</li> <li>Indoor Cycling</li> </ul>	
<b>7. Quarterly In-Person Challenge</b>	<ul style="list-style-type: none"> <li>Launch in spring with Teambuildr App. Pre-selected workouts based on a program daily.</li> </ul>	
<b>8. Wrap Up</b>	<ul style="list-style-type: none"> <li>Low numbers on smoking cessation. Had to cancel the classes.</li> <li>EMDR will be offered at ECC</li> </ul>	

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**FUTURE MEETING DATES**

**March 6**