Mt. San Antonio College

**Employee Wellness Committee**

**Group Memory of 4/3/2024**

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| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Group Memory – 3/6/24** | * Minutes approved |  |
| **4. Purpose & Function Statement Update** | * Lizette to review with the committee next month |  |
| **5. Walker Tracker Wrap Up Party Review** | * The event was a success * The prize lapel pins will arrive in 1 week |  |
| **6. Current Walker Tracker Challenge- started March 18th** | * 260 participants * Lorraine stated that she needs a design for the lapel pin for the Pacific Trail challenge and is taking ideas. |  |
| **7. Teambuildr App** | * The app is in effect * Faculty have been reaching out for baseline assessments |  |
| **8. Breathwork and St. Jude Classes** | * All breathwork classes are on the POD Connect calendar |  |
| **9. Committee Member Updates** | * Vanessa reported on behalf of Marta for the Employee Counseling Center (ECC):   + The ECC along with HR, held a Mindful Hour: Perinatal Mental Health & Understanding Pregnancy Leave. Attendance was good and plans are being made to offer it again in the summer.   + The ECC hosted the L.A. County Department of Mental Health “De-Escalation Training.” Attendance and participation was great.   + The same training will be held again on 8/22/24 9am-12pm. * Lorraine reported that the Wellness Center enrollment continues to increase, as well as attendance in the group fitness classes. The center is also in the process of training interns. * Chris reported that the Health Center will be adding a second AED Defibrillator training date soon * Norma reported that open enrollment will start in July 1st She advised employees to check their health benefits for preventative health incentives. |  |

**Next Meeting: May 1, 2024**