

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of October 7, 2020**

Committee Members:

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|---|---|---|---|
| <input type="checkbox"/> Duetta Langevin | <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Melissa Aguirre | <input type="checkbox"/> Arthur Gonzalez |
| <input checked="" type="checkbox"/> Joanne Franco | <input type="checkbox"/> Marti Whitford | <input checked="" type="checkbox"/> Stacy Lee | <input type="checkbox"/> Alexis Carter |
| <input type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Zaira Jimenez | <input checked="" type="checkbox"/> Lance Heard | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> K.C Kranz | <input checked="" type="checkbox"/> Lianne Greenlee | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Seth Myers attended for Marti Whitford	
2. Agenda Review	Reviewed	
3. Review Group Memory – September 2, 2020	Reviewed and Approved with one correction.	Andie will post to the website
4. Committee Purpose & Function Statement, Committee Goals	<p>The committee reviewed the Purpose & Function Statement and updates were made to the Purpose section.</p> <p>The committee membership was reviewed and Andie will reach out to see if Stacey and Alexis will continue with another term.</p> <p>The Committee reviewed and updated 2020-21 goals section. Updates were made and a new goal was added.</p>	KC will update the Purpose & Function Statement and Goals. She will submit them to Brigitte by the due date of November 2, 2020.

<p>5. Walker Tracker Update</p>	<p>KC shared the Walker Tracker dashboard with the results of the “Kindness Around the Globe” Challenge with the committee.</p> <p>The contract renewal for the Walker Tracker has been submitted to the Board for review at this month’s meeting. Once approved and renewed we will start a new challenge.</p> <p>Lianne inquired about Maintain Don’t Gain this year. KC will reach out to Carmen at Kaiser to see if that’s still an available program and look into rolling it out again this year.</p>	
<p>6. Upcoming Employee Wellness Activities</p>	<p>We will be continuing on with the 3 virtual classes a month through the end of the year (2020):</p> <ul style="list-style-type: none"> • 1st week - Sound Bowl Therapy • 2nd week - Virtual Yoga • 3rd week - Cooking Class and Demo 	

FUTURE MEETING DATES

November 4, 2020