

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of September 2, 2020**

**Committee Members:**

- |   |   |   |   |
|---|---|---|---|
| <input type="checkbox"/> Duetta Langevin      | <input checked="" type="checkbox"/> Sandra Weatherilt | <input type="checkbox"/> Melissa Aguirre        | <input checked="" type="checkbox"/> Arthur Gonzalez         |
| <input 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 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 type="checkbox"/> Lianne Greenlee              |   |   |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>	Jose Pena attended for Marti Whitford	
<b>2. Agenda Review</b>	Reviewed	
<b>3. Review Group Memory – August 5, 2020</b>	Reviewed and Approved.	<b>Andie will post to the website</b>
<b>4. Walker Tracker Challenge Update</b>	<p>The “Kindness Around the Globe” challenge is at the half way point:</p> <ul style="list-style-type: none"> <li>• 170 participates</li> <li>• 44.1 % are meeting their daily goal</li> <li>• Activities can be converted into steps to help increase steps</li> <li>• 45 people are meeting that daily goal so far for the chance of winning 1 of the 10 Amazon gift cards</li> </ul> <p>Discussing renewing the contract with walker tracker and want to renew for another year and hoping to get approval</p>	

<p><b>5. Employee Wellness Events</b></p>	<p>3 classes were offered in the month of August:</p> <ul style="list-style-type: none"> <li>• Sound Bowl Meditation: 44 people registered</li> <li>• Virtual Yoga Class: 42 people registered</li> <li>• Healthy eating class and demo: 46 people registered</li> </ul> <p>These classes are all offered through St. Jude.</p> <p>KC has worked with Jeffery George in IT to create a library on the Wellness website so anyone can watch these classes and demos.</p> <p>Classes that will be available in September:</p> <ul style="list-style-type: none"> <li>• Sound Bowl Therapy: September 8<sup>th</sup></li> <li>• Virtual Yoga: September 16<sup>th</sup></li> <li>• Cooking Class and Demo: September 22<sup>nd</sup></li> </ul> <p>KC asked to please pass this information along on any zoom meetings you may have to get the word out.</p>	
<p><b>6. Resources for Employees</b></p>	<p>KC reach out to Carmen our old Kaiser representative to see if they have any additional resources or classes available.</p> <p>Lance will add a Wellness comment to his Senate Report to help get the word out.</p>	
<p><b>8. Wellness Program Incentive Point System – Standing Item</b></p>	<p>No update at this time.</p>	

**FUTURE MEETING DATES**

October 7, 2020