

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of October 5, 2022**

Committee Members:

- Duetta Langevin
- Joanne Franco
- Joe Jennum
- K.C Kranz

- Sandra Weatherilt
- Seth Meyers
- Dolores Gonzales
- Lizette Henderson

- Norma Vizcarra
- Stacy Lee
- Faculty Rep (vacant)
- Misty Kolchakian

- Arthur Gonzalez
- Alexis Carter
- Andie Solorzano (notes)

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions		
2. Agenda Review	Reviewed.	
3. Review Group Memory – September 7, 2022.	Reviewed and approved.	Andie will post to the website.
4. Walker Tracker Update	<p>Walker Tracker Party took place on September 12th. There was a live raffle with all who registered were placed in the raffle. KC asked the group on any ideas on how to make it more exciting to let her know.</p> <p>KC reviewed the result numbers of goals and participation over the past challenges.</p> <p>The participants were able to choose their own step goal with this last challenge and is something we can continue.</p> <p>Goal is to start a new challenge in early November.</p>	

<p>5. Upcoming Employee Wellness Classes</p>	<p>KC reviewed all the upcoming activities and classes with the group.</p> <p>The Wellness Center is open with multiple activities.</p>	
<p>6. Employee Mental Health Update</p>	<p>The ECC has been busy. Expecting an increase during the holidays which is common. ECC continues to refer employees to the wellness center to help them as a resource.</p> <p>Topic: Mood and Food how it effects mental health – should be available to students.</p> <p>The question was brought up about release time for employees to work out during the day like release time to meet with a clinician at the ECC. This has been talked about in the past and can be an ongoing agenda item.</p>	
<p>7. Purpose and Function</p>	<p>KC shared the purpose and function with the group to review and made some minimal changes were made. KC will work on members and terms. The goals will stay as is.</p>	

FUTURE MEETING DATES
November 2, 2022