

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of February 3, 2021**

**Committee Members:**

- |   |   |   |   |
|---|---|---|---|
| <input checked="" 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 checked="" type="checkbox"/> Marti Whitford    | <input checked="" type="checkbox"/> Stacy Lee       | <input type="checkbox"/> Alexis Carter                      |
| <input checked="" type="checkbox"/> Joe Jennum      | <input checked="" type="checkbox"/> Zaira Jimenez     | <input 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
<b>1. Welcome/Introductions</b>		
<b>2. Agenda Review</b>	Reviewed	
<b>3. Review Group Memory – January 6, 2021</b>	Reviewed and Approved.	<b>Andie will post to the website.</b>
<b>4. Update Purpose and Function Statement</b>	<p>The committee was asked by PAC to add a function that aligned with GOAL #6. The group discussed and suggested:</p> <ul style="list-style-type: none"> <li>• The committee will assess the program use and evaluate the needs of the employee population for the new facility</li> </ul>	KC will add the goal and sent it to Brigitte.
<b>5. Walker Tracker Update</b>	<p>The Mindful Movement challenge started on January 25th and is off to a good start. We have 195 participants so far. Emails have been sent out. It ends on March 21<sup>st</sup> and there is still time to jump in.</p> <p>KC also presented it to the LLR group.</p>	

<p><b>6. Upcoming Virtual Employee Wellness Classes</b></p>	<p>KC continues to send out emails regarding classes. This month we have a cooking class with Megan with all things chocolate. Self-massage and sound bowl mid-month. Two breathe work classes in the beginning and end of the month. Safe and effective circuit training February 22<sup>nd</sup>.</p> <p>We saw higher participation in January so the new times offered are changing the attendance.</p> <p>Jeff George updated the website again and you can watch the classes at a later date.</p>	
<p><b>7. Mental Health resources for Employees</b></p>	<p>The Metal Health Series Zoom classes are not being recorded due to privacy. A committee is working on this and getting legal guidance. It was suggested that maybe recording the lecture not “live” so we can post it and have it available on the website would be an option.</p> <p>The last two sessions including the care giver class were well attended.</p> <p>It is being considered to offer these classes again and possibly different times.</p>	

**FUTURE MEETING DATES**

March 3, 2021