

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of August 4, 2021**

Committee Members:

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|---|---|---|---|
| <input type="checkbox"/> Duetta Langevin | <input type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Melissa Aguirre | <input checked="" type="checkbox"/> Arthur Gonzalez |
| <input checked="" type="checkbox"/> Joanne Franco | <input type="checkbox"/> Marti Whitford | <input type="checkbox"/> Stacy Lee | <input type="checkbox"/> Alexis Carter |
| <input checked="" type="checkbox"/> Joe Jennum | <input type="checkbox"/> Zaira Jimenez | <input type="checkbox"/> Lance Heard | <input 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	Misty Kolchakian attended as a guest Suzanne Vasquez filled in for Andie and recorded the meeting.	
2. Agenda Review	Reviewed	
3. Review Group Memory – July 7, 2021	Reviewed and Approved.	Andie will post to the website.
4. Walker Tracker Update	We are currently mid challenge for the Summer Games of Japan. There are 191 participants and currently 50% of the participants are meeting the daily goal. The committee received a suggestion about giving a shout out to those participants that are top performers. Some former participants felt they did not get recognition and did not want to participate any longer. KC will start to include a shout out at the end of this challenge.	
5. Upcoming Virtual Employee Wellness Classes	All classes were announced yesterday in an email. We will continue to have classes with Megan Wroe and Breath Work classes available. The wellness center is planning in person classes for the fall with yoga, Pilates, meditation and several more.	

	<p>Everyone will have to wear a mask at this point in the wellness center.</p>	
<p>6. Employee Mental Health Update</p>	<p>Seth wanted to report out that HR has identified staff and offering positions.</p> <p>Lianne is exploring funding for meditation sessions for employees. Lianne and KC will discuss after the meeting on the plan of how to move forward and what funding is available and what to use.</p>	

FUTURE MEETING DATES

September 1, 2021 (zoom for the rest of the year)