

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of September 6, 2023**

**Committee Members:**

- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/> Duetta Wasson             | <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Norma Vizcarra   | <input checked="" type="checkbox"/> Arthur Gonzalez         |
| <input type="checkbox"/> Lucy De Leon              | <input type="checkbox"/> Seth Meyers                  | <input checked="" type="checkbox"/> Stacy Lee        | <input type="checkbox"/> Alexis Carter                      |
| <input checked="" type="checkbox"/> Joe Jennum     | <input checked="" type="checkbox"/> Marta Lopez       | <input type="checkbox"/> Faculty Rep (vacant)        | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> Lorraine Jones | <input type="checkbox"/> Lizette Henderson            | <input checked="" type="checkbox"/> Misty Kolchakian |   |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>		
<b>2. Agenda Review</b>	Reviewed.	
<b>3. Review Group Memory – August 1, 2023.</b>	Reviewed and approved.	<b>Andie will post to the website.</b>
<b>4. Walker Tracker Update</b>	The Walker Tracker Challenge “Summer Blast” ended on August 27, 2023. There were 237 participants. The map was added to this challenge. Tentative date for the wrap up party for October 5 <sup>th</sup> from 12-1:30pm. The group discussed the giveaway, and a workout towel was suggested. Lorraine will look for options with promotions now.	
<b>5. Upcoming Wellness Classes</b>	Different classes continue to be offered through the wellness center. The fall Zumba class is on Thursday. There is a 7am cycle class and functional training. Hydrostatic testing is available for staff and faculty for \$40.	

<p><b>6. Employee Mental Health Update – Marta/ Seth/ Chris</b></p>	<p><b>Marta:</b> The ECC continues to be busy. They have seen an increase and appointments are booked. They have been facilitating team building activities with departments that request it. It is suicide prevention month. Mindful hours are still being offered through POD. A smoking cessation workshop will be offered through POD as well to help support our smoke-free campus. The ECC is working on providing support for the year anniversary of the December 1, 2022, incident.</p> <p><b>Chris:</b> Health Services has resources to help support the smoke-free campus. They have kits with the patch and gum that are available to anyone that comes in. All of the health services team are currently located in 9E right now while 67B is closed.</p>	
<p><b>10. Employee Wellness Fair</b></p>	<p>The wellness fair will be held on October 19, 2023, in front of building 4 from 10am to 1pm. Lorraine reviewed vendors she has secured and will still contact more. Robert Van Der Hayden will conduct a Breath Works class in the rose garden.</p> <p>Art and misty volunteered to help with set up.</p>	

**FUTURE MEETING DATES**

October 4, 2023