

Mt. San Antonio College Employee Wellness Committee
January 10, 2023

Committee Members		
Lorraine Jones	Norma Vizcarra	Kevin Truong
Stacy Lee	Lizette Henderson	Duetta Langevin
Marta Lopez	Arthur Gonzalez	Jamie Solis
Larry Silva	Misty Kolchakian	Joe Jennum
Lucy DeLeon	Sandra Weatherlit	
Chris Failla	Adam Roman(Notes)	

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Introductions and New Announcements	
2. Agenda Review	Reviewed.	
3. Review Agenda	Reviewed	
4. Walker Tracker Wrap Up Party Recap	<ul style="list-style-type: none"> • Jan 25th scheduled • Fall into fitness • Starting Jan 8-Feb 18th 	

--	--	--

<p>6. Upcoming Employee Wellness Classes</p>	<ul style="list-style-type: none"> • Questionnaire regarding to needs of time and what kind of classes was sent out • 430 to evening classes for Faculty • A variety of classes to be created • Personal training sessions - They do a baseline assessment - 5 sessions - create a training regimen for them. • Winter workout - Erica Laziemen is helping on Dec 8 - hour and a half workout class. With food afterwards. Naughty and Nice food. 12- 1:30pm 	
<p>7. Website</p>	<ul style="list-style-type: none"> • Add to the banner/ribbon sign up for classes 	

8. Wellness Program Incentive Point System	<ul style="list-style-type: none"> • Walker Tracker system - 6 weeks of us keeping track of them • Quarterly Session • Most Dedicated - Award • Departmental/Divisional competition 	
9. Wrap up	<ul style="list-style-type: none"> • Mindful Hour Friday the 15th. Therapy Dogs. Mindfulness Activities. • Psycho-Education on Post Partum and depression with Leaves - Marta Lopez • Mindful Hours for Caregivers. • Dec 8 Greif and Loss group at the Koi Pond. Lantern Activity 	

FUTURE MEETING DATES

January 10