Mt. San Antonio College
Employee Wellness Committee
November 1, 2023

Committee Members

Lorraine Jones	Norma Vizcarra	Kevin Truong
Stacy Lee	Alexis Carter	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 Meeting Notes**	Reviewed	
4. Walker Tracker Challenge	• Ends Nov 12th. When do we want to schedule the wrap up party? • Scheduled in January. • Possibly that Thursday. • 2nd week of December is finals for faculty. • What gifts for walker tracker. Possibly the Pens or Hat	

5. Upcoming Employee Wellness Classes	• Loraine is sending a google survey to see what the staff is interested in. • Removing a soul cycle class in the morning • People want more morning classes • Zumba and Yoga are doing very well.	
6. Employee Mental Health Update	• ECC last week had a workshop on domestic violence in the POD loft. • This week, Nov 2nd, 1st session on Caretaker support. Veterans drop in on Friday the 3rd. • ECC wants to develop more resources for Veterans. • Smoking Cessation Workshop for ECC • The smoking cessation products are available in the health center in 9E. • They just need to pass a questionnaire to get the free products	
7. Employee Wellness Fair Re-Cap	• No gift cards over 25 dollars. Must be tangible things like baskets of goods. Cannot give cash. • Talk to Alexis about gifts and values of gifts. • Inform vendors to not bring gift cards. • The breathwork class had difficulty getting staff to attend.	

| 8. Review Purpose and Function/ Goals for PAC | • Due November 22nd for Goals
• Create a calendar to host all dates for the month on the webpage
• Weekly events listserv and refer to the Monthly calendar
• Need to refine the SEO for wellness center within the mt sac portal page.
• Meet with Adam to get goals in before the 22nd to Yadira.
• Check to see whos' pie this goes into. (For Adam)
• Figure out how to request for more budget allocation for this committee to use.
• Wellness Center keeps track of sign ins.
• Update Purpose and Function with DEISAA language.
• Safety language needs to be added? | Adam to meet with Lorraine to draft up language to use. |
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FUTURE MEETING DATES
December 6