Mt. San Antonio College

**Employee Wellness Committee**

**Minutes 11/6/2024**

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|  | | |
| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Past Minutes – 10/2/24** | * Reviewed and approved |  |
| **4. Walker Tracker/Be Well** | * 287 participants signed-up so far * Wrap Up Party pending |  |
| **5. Employee Wellness Fair** | * Volunteers:   + Lorraine   + Lizette   + Vanessa   + Elda   + Marta   + Norma   + Art   + Yvette Garcia |  |
| **6. Discuss Committee Goals** | * The committee will work on filling the outcomes * The loop still must be closed on the 2023-2024 goals * Members to discuss what has been accomplished this year and what is yet to be accomplished. Along with how the Wellness Center has impacted employees |  |
| **7. December 4th Meeting Reminder** | * The meeting for 12/4 will still be held |  |
| **8. Kaiser Mobile Health Van - 2025** | * Norma to reach out to Kaiser for reserving the van for the November 2025 Employee Wellness Fair |  |
| **9. Member Updates** | * Lorraine – sent out the “Gratitude” Newsletter. She will send out the “Mental Health” Newsletter in a few weeks. * Lorraine – in October the Wellness Center had:   + 53- day passes   + 1,100 employees   + 2,200 community members * Marta – ECC events:   + 11/8 – Veterans Day Drop-In Resource Event   + 11/14 – Mindful Hour by USC Caregiver Center, “Balancing Act: Self-Care Strategies for Working Family Caregivers   + 11/22 – Mindful Hour: Attitude of Gratitude Sound Bath w/Andrea Torres   + 12/6 – Planting Seeds of Hope   + ECC will offer virtual appointment during the Winter Break. Flyer to be sent out |  |

**Next Meeting:** December 4, 2024