Mt. San Antonio College

**Employee Wellness Committee**

**Minutes 2/5/25**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Committee Members:**   |  |  |  |  | | --- | --- | --- | --- | | Lizette Henderson  Lorraine Jones  Lucy De Leon  Christopher Failla | Art Gonzalez  Joe Jennum  Misty Kolchakian  Stacy Lee | Marta Lopez  Larry Silva  Elda Blount  Norma Vizcarra | Sandra Weatherilt  Duetta Wasson  Haneen Alghita-Aguilar  Vanessa Salazar (notes) | | | | |
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| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Past Minutes – 12/4/24 & 1/8/25** | * Reviewed and approved |  |
| **4. Spring Employee Fitness Classes** | * Mat Pilates * Yoga * Indoor Cycling * Bootcamp |  |
| **5. Noom App Update** | * Quote given: $74,000 a year | * Mt. SAC will not be entering into a contract with them |
| **6. Health Screening Mobile Van Update** |  | * TBD, Norma to update the committee |
| **7. Post Walker Tracker Challenge Update** | * Lizette suggested having registration through POD next time. In order to pull rosters for easy check-ins, to minimize issues with providing lunch and participation gifts. Also, to add language to marketing flyers that lunch will only be provided to those who have registered. |  |
| **8. St. Jude Webinar Update** | * Webinars archived on Wellness Center webpage |  |
| **9. Committee Goals/Progress, Membership, and Purpose & Function Update** | * Everything was submitted to PAC | * Documents approved by PAC |
| **10. Employee Newsletter** | * Lorraine sent out the Physical Activity portion to campus announcements * In March the Nutrition portion will be sent out and in April the Mental Wellness portion will be sent out   + Marta suggested healthy boundaries and identifying burnout as possible topics for the mental wellness portion   + Misty suggested work-life balance as a topic |  |
| **11. Member/Department Updates** | * Chris stated that the Student Health Center offers free HIV testing every Thursday 10am-12pm, on a first come first serve basis * Marta stated the ECC will be hosting a Mental Health Fair on 5/7/25 |  |

**Next Meeting:** March 5, 2025