Mt. San Antonio College

 **Employee Wellness Committee**

**Minutes 2/5/25**

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| **Committee Members:**

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| [x]  Lizette Henderson [x]  Lorraine Jones [ ]  Lucy De Leon [x]  Christopher Failla  |  [x]  Art Gonzalez [ ]  Joe Jennum  [x]  Misty Kolchakian  [x]  Stacy Lee   |  [x]  Marta Lopez [ ]  Larry Silva [x]  Elda Blount [ ]  Norma Vizcarra  | [ ]  Sandra Weatherilt[x]  Duetta Wasson[x]  Haneen Alghita-Aguilar[x]  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
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| **4. Spring Employee Fitness Classes** | * Mat Pilates
* Yoga
* Indoor Cycling
* Bootcamp
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| **5. Noom App Update** | * Quote given: $74,000 a year
 | * Mt. SAC will not be entering into a contract with them
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| **6. Health Screening Mobile Van Update** |  | * TBD, Norma to update the committee
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| **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.
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| **8. St. Jude Webinar Update**  | * Webinars archived on Wellness Center webpage
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| **9. Committee Goals/Progress, Membership, and Purpose & Function Update** | * Everything was submitted to PAC
 | * Documents approved by PAC
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| **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
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| **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
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**Next Meeting:** March 5, 2025