Mt. San Antonio College

**Employee Wellness Committee**

**Group Memory of 5/1/24**

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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  Kevin Truong  Norma Vizcarra | Sandra Weatherilt  Duetta Wasson    Vanessa Salazar (notes) | | | | |
|  | | |
| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Group Memory – 4/3/24** | * Minutes were approved * Lizette abstained |  |
| **4. Add breathwork classes & St. Jude classes to Wellness Center website** | * Classes are still being advertised * Lorraine will post the class recordings on the Wellness Center website. As well as upcoming dates * Regarding the Teambuildr App, there are currently 86 users. Stretching exercises have been added to the app. |  |
| **5. Next Wrap Up Party 5/30/24** | * 11 days left on the Pacific Trail Challenge. There are 276 participants. * To cut cost on the prizes, the lapel pins will be replaced with small buttons, these are half the cost. The committee agreed to the change. |  |
| **6. Employee Wellness Fair- October 2024** | * The date will possibly be in late October * Insurance providers and vendors will be in attendance * The idea is to possibly plan the fair to be in conjunction with open enrollment * But the priority is reserving the health screening van for availability, that will determine when the fair will be held |  |
| **7. Employee Counseling Center hosting “Send Silence Packing Exhibit” 5/8/24 9am-4pm** | * The exhibit is for mental health awareness month and for suicide awareness/prevention * Professors will bring their classes and coaches are encouraged to bring their athletes * Request for volunteers |  |
| **8. Upcoming AED Defibrillator Training date?** | * Chris was absent, the committee will cover this next month |  |
| **9. Healthcare Preventative Incentives** | * Norma sent an email with the incentives |  |
| **10. Committee Member Updates** | * Lorraine, Marta, Misty, and Sandra to meet to draft and build a Wellness Newsletter * Lizette- the Wellness Committee Purpose & Function was submitted   + The recommendation was followed to not add in another member * Joe and Lorraine to discuss adding more equipment to the Wellness Center |  |

**Next Meeting: June 5, 2024**