Mt. San Antonio College

 **Employee Wellness Committee**

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

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| **Committee Members:**

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| [x]  Lizette Henderson [x]  Lorraine Jones [ ]  Lucy De Leon [ ]  Christopher Failla  |  [ ]  Art Gonzalez [x]  Joe Jennum  [ ]  Misty Kolchakian  [ ]  Stacy Lee   |  [x]  Marta Lopez [ ]  Larry Silva [ ]  Kevin Truong [x]  Norma Vizcarra  | [x]  Sandra Weatherilt[ ]  Duetta Wasson[ ]  [x]  Vanessa Salazar (notes) |

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| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Group Memory – 4/3/24**  | * Minutes were approved
* Lizette abstained
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| **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.
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| **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.
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| **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
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| **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
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| **8. Upcoming AED Defibrillator Training date?** | * Chris was absent, the committee will cover this next month
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| **9. Healthcare Preventative Incentives** | * Norma sent an email with the incentives
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| **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
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**Next Meeting: June 5, 2024**