Mt. San Antonio College

 **Employee Wellness Committee**

**Group Memory of (7/3/24)**

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| **Committee Members:**

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| [x]  Lizette Henderson [x]  Lorraine Jones [ ]  Lucy De Leon [ ]  Christopher Failla  |  [x]  Art Gonzalez [ ]  Joe Jennum  [ ]  Misty Kolchakian  [x]  Stacy Lee   |  [x]  Marta Lopez [ ]  Larry Silva [x]  Kevin Truong [ ]  Norma Vizcarra  | [ ]  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 – 6/5/24** | * Minutes reviewed and approved
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| **4. Teambuildr App** | * Lorraine to figure out whether to do a friendly leadership competition challenge on the Walker Tracker app or on the Teambuildr app. Perhaps to do department versus department.
	+ Lizette suggested announcing it at this year’s CPD Day
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| **5. Newsletter Update- Nutrition Section** | * This is being moved to the August agenda
* Possibly include a “Did You Know?” section
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| **6. AED Follow-Up** | * Move to August agenda
* Lizette suggested putting it on the POD Connect calendar and to offer it on several dates and times
* Lorraine to work with Chris on dates
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| **7. List of Vendors for Wellness Fair** | * The fair will be held November 7, 2024
	+ The goal is to hold the fair the same week every year, to make planning easier
* Vendor ideas: Optum Screening Van, ECC, School’s First, American Red Cross, Kaiser, UCLA Mobile Dental/Med Unit, Wellness Center, Pet Partners, St. Jude- Megan, Breath Work w/Robert, Run Republic
* Idea to use a stamp card and participants get a stamp from each booth to qualify to enter a raffle
* Idea to include skin care products
	+ Marta to inquire
* Idea to use surrounding local medical schools
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| **8. Walker Tracker**  | * The new Walker Tracker starts 7/11
* Pacific Trail Wrap Up Party to be held on 7/11 12:00-1:30
	+ Volunteers needed. Lizette and Kevin offered to help
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| **9. Member Updates** | * None
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**Next Meeting: August 7, 2024**