Mt. San Antonio College

**Employee Wellness Committee**

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

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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) | | | | |
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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 |  |
| **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 |  |
| **5. Newsletter Update- Nutrition Section** | * This is being moved to the August agenda * Possibly include a “Did You Know?” section |  |
| **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 |  |
| **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 |  |
| **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 |  |
| **9. Member Updates** | * None |  |

**Next Meeting: August 7, 2024**