Mt. San Antonio College

**Employee Wellness Committee**

**Group Memory of (9/4/24)**

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|  | | |
| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Past Minutes – 8/7/24** | * Reviewed and approved |  |
| **4. New Walker Tracker Challenge 9/3/24** | * The new app name is “Be Well” * Lorraine is working with the vendor on updates to make the app more individualized, for users to be able to create a plan * The new app launched September 3rd   + There are 273 participants so far * The new challenge starts October 27th   + This challenge will include more group activities and discussions on the discussion board |  |
| **5. Purpose & Function and Committee Goals** | * The committee will work on updating the goals and purpose & function statement at the October meeting * Updated items are due to PAC in November |  |
| **6. Update on Wellness Fair 11/7/24** | * Lorraine continues to look for a skincare vendor |  |
| **7. Member Updates** | * Lorraine- 615 employees are registered so far for the fall at the Wellness Center.   + The summer Walker Tracker Wrap Up Party is tentative for October 17th it is still being planned   + She attended the Department of Mental Health “De-Escalation” training and encouraged the committee to attend the next time it’s offered * Chris- continuing to look at dates/times for the AED training, when will work best for the night shift crew   + The Student Health center is in building 67B and Behavioral Mental Health is in building 9E. Behavioral Health is a different phone number from the Health Center * Norma- adjunct open enrollment is open until September 10th. Faculty open enrollment is open September 16th to October 1st |  |

**Next Meeting:** October 2, 2024