# EMPLOYEE WELLNESS COMMITTEE

(Operational Committee – Reports to College President)

Purpose

The purpose of the Employee Wellness Committee is to promote a culture of physical, and mental well-being for our employees by providing activities and support that will result in healthier lifestyles. The goals of the Committee include:

1. Increasing awareness of factors contributing to physical and mental well-being.
2. Inspiring and empowering individuals to take responsibility for their own physical and mental health.
3. Encouraging employees to make healthier lifestyle choices.
4. Creating a sense of community to support and empower employees on their health and wellness journey, by embracing diversity, equity, and inclusion principles.
5. Fostering campus wide collaboration to ensure the accessibility and inclusivity ofhealth and wellness resources for all employees**.**

Function

1. Facilitate wellness communication through various accessible resources, workshops, and events.
2. Offer a diverse range ofprograms that encourage physical activity, mental well-being, and healthy eating habits ensuring inclusivity and fairness for all.
3. Ensure that there is compliance with laws and regulations that may affect wellness activities.
4. Provide resources for employees to build a supportive network to bolster and achievehealth goals.
5. Foster a collaborative environment by actively seeking and welcoming input from employees for upcoming wellness programs and activities.
6. Our team will assess the use, needs, accessibility,and efficacy of supporting employees in the Wellness Center.

Membership (15)

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|  | Position Represented | Name | Term |
| 1. | Management (appointed by the Vice President, Human Resources) from Human Resources (Co-Chair) | Lizette Henderson | ongoing |
| 2. | Director, Professional & Organizational Development or Designee | Elda Blount | ongoing |
| 3. | Dean, Kinesiology & Athletics or Designee | Joe Jennum | ongoing |
| 4. | Coordinator, Health & Fitness (Co-Chair) | Lorraine Jones | ongoing |
| 5. | Director, Student Behavioral Health Services or Designee | Haneen Algitha-Aguilar | ongoing |
| 6. | Student Health Services | Chris Failla | ongoing |
| 7. | Health Benefits (appointed by the Vice President, Human Resources) | Norma Vizcarra | 2023-25 |
| 8. | Risk Management Representative  | Duetta Langevin | 2023-25 |

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| 9. | Faculty w/subject matter expertise inNutrition or Emotional Wellbeing (appointed by the Faculty Association) | Sandra Weatherilt | 2023-25 |
| 10. | Faculty w/subject matter expertise in Emotional Wellbeing (appointed by the Faculty Association) | Misty Kolchakian | 2024-2026 |
| 11. | Faculty (appointed by the Faculty Association) | Larry Silva | 2023-25 |
| 12. | Classified (appointed by CSEA 262) | Stacy Lee | 2023-2025 |
| 13. | Classified (appointed by CSEA 651) | Arthur Gonzalez | 2022-25 |
| 14. | Confidential (appointed by Confidentials) | Lucy DeLeon | 2022-25 |
| 15. | Human Resources (appointed by the Vice President, Human Resources) | Marta Lopez | 2022-25 |

Membership Meeting Times:

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| --- | --- | --- | --- | --- |
| COMMITTEE TYPE | CO-CHAIRS | MEETING SCHEDULE | LOCATION | TIME |
| Operational | Lizette Henderson/ Lorraine Jones | First Wednesday of each month | 720-2210 G & Zoom | 2:00-3:30pm |

Person Responsible to Maintain Committee Website:

Vanessa Salazar

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College Website Link

[**http://www.mtsac.edu/governance/committees/wellness**](http://www.mtsac.edu/governance/committees/wellness)