

EMPLOYEE WELLNESS COMMITTEE

(Operational Committee – Reports to College President)

Purpose

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

- Increasing awareness and factors contributing to physical and mental well-being.
- Inspiring and empowering individuals to take responsibility for their own health.
- Encouraging employees to make healthier lifestyle choices.
- Creating a sense of community and raising awareness through the use of campus and community health and wellness resources.

Function

1. To facilitate wellness communication through various online resources, workshops, and events.
2. To offer programs that encourages physical activity, emotional well-being, and healthy eating habits.
3. To ensure that there is compliance with laws and regulations that may affect wellness activities.
4. To provide resources for employees to build a supportive network to bolster health goals.
5. To encourage employee suggestion and feedback on future wellness programs and activities.

Membership (13)

	<u>Position Represented</u>	<u>Name</u>	<u>Term</u>
1.	Director, Safety & Risk Management (Co-Chair)	(Interim) Duetta Langevin	ongoing
2.	Director, Professional Development and Employee Engagement	Lianne Greenlee	ongoing
3.	Dean, Kinesiology & Athletics or Designee	Joe Jennum	ongoing
4.	Exercise Science/Health Supervisor (Co-Chair)	K.C. Kranz	ongoing
5.	Director, Health Services or Designee	Marti Whitford	ongoing
6.	Health Benefits	Vacant	ongoing
7.	Director, E.E.O.	Vacant	ongoing
8.	Faculty w/ subject matter expertise in nutrition and emotional well-being (appointed by Faculty Association)	Sandra Weatherilt	2016-19
9.		Misty Kolchakian	2015-18
10.	Classified (one appointed by CSEA 651 and one appointed by CSEA 262)	651 Vacant	2015-18
11.		262 Jacolyn Martinez	2016-19
12.	Confidential/Supervisory (appointed by the Confidentials/Supervisors)	Vacant	2015-18
13.	Human Resources	Nerissa Uiagalelei	2016-18

Membership Meeting Times:

COMMITTEE TYPE	CHAIR	MEETING SCHEDULE	LOCATION	TIME
Operational	Duetta Langevin/ KC Kranz	First Wednesday of each month	4-2460	2:00-3:30 PM

Person Responsible to Maintain Committee Website:

Yadira Santiago
ysantiago2@mtsac.edu ext. 5504

College Website Link and Last Time Website Was Updated:
<http://www.mtsac.edu/governance/committees/wellness>