

Employee Wellness Committee



MEETING AGENDA

February 1, 2017

Facilitator: Duetta Langevin

Location: Building 4, Room 2320

Time: 2:00-3:30

Committee Members:

Duetta Langevin	Sandra Weatherilt	Ruben Flores
Nerissa Uiagalelei	Marti Whitford	Jacolyn Martinez
Joe Jennum	Misty Kolchakian	Carmen Conover
K.C. Kranz	Lianne Greenlee	Debbie Cottrell

AGENDA ITEMS:

1. Welcome/Introduction
2. Agenda Review
3. Review meeting notes from January 11, 2017
4. Discuss planning for Dr. Sears event
5. Further review of results for Employee Wellness Survey – move to March meeting
6. 2017 Employee Wellness Fair – November 3, 2017
7. Upcoming Employee Wellness Activities for 2017
Here is a list of the upcoming 2017 Wellness Lunch and Learns:
 - Feb. 8 (12-1pm): Heart Health (Caroline from Kaiser P.)
 - March 7 (12-1pm): Nutrition (Megan Wroe, RD from St. Jude)
 - March 29 (5-6pm): Dr. Sears Brain Health
 - April 7 (11:30-12:30pm): Work-Life Balance (Misty K. from Mt. SAC/ committee member)
 - April 28 (12-1pm): Stress Less (Caroline from Kaiser P.)
 - May 10 (12-1pm): Blood Pressure (Caroline from Kaiser P.)
8. Fitbit Discussion

Employee Wellness Committee upcoming meetings:

March 1, 2017

Future Agenda Items: