

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of October 4, 2023**

**Committee Members:**

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|--|---|--|---|
| <input checked="" type="checkbox"/> Duetta Wasson  | <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Norma Vizcarra   | <input checked="" type="checkbox"/> Arthur Gonzalez         |
| <input checked="" type="checkbox"/> Lucy De Leon   | <input type="checkbox"/> Seth Meyers                  | <input checked="" type="checkbox"/> Stacy Lee        | <input type="checkbox"/> Alexis Carter                      |
| <input type="checkbox"/> Joe Jennum                | <input checked="" type="checkbox"/> Marta Lopez       | <input type="checkbox"/> Faculty Rep (vacant)        | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> Lorraine Jones | <input checked="" type="checkbox"/> Lizette Henderson | <input checked="" type="checkbox"/> Misty Kolchakian |   |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>	Introductions and New Announcements	
<b>2. Agenda Review</b>	Reviewed.	
<b>3. Review Group Memory – September 6, 2023.</b>	Reviewed and approved.	<b>Andie will post to the website.</b>
<b>4. Walker Tracker Update</b>	<p>The Wrap Party for the Summer Walker Tracker Challenge will be on October 26, 2023, and the give-away will be a workout towel.</p> <p>The Fall into Fitness Challenge has started with 236 participants registered. The walker tracker app has been updated to be more user friendly. Lorraine asked the committee to provide any feedback they may have on the update to the app.</p>	
<b>5. Upcoming Wellness Classes</b>	Lorraine received an email today requesting possible self-defense classes be offered through the Wellness Center. Lorraine advised the committee if anyone knows someone that teaches self-defense to please provide her the info. Lorraine can also reach out to Community Ed/Non- Credit.	

	Classes are picking up and filling up with attendance. Lorraine plans on having a Halloween themed cycle class which will be at the end of October.	
<b>6. Employee Mental Health Update – Marta/ Chris</b>	<p><b>Marta:</b> The ECC has been busy and extending their hours due to the incident that happened on campus in September and will continue to offer resources. Crisis debriefing. Smoking cessation support group. October is domestic violence awareness month. In service for the psych tech department. Grief and loss support groups throughout the end of the year.</p> <p><b>Chris:</b> No Update</p>	
<b>7. Employee Wellness Fair</b>	Reviewed the plan for the upcoming wellness fair on October 19, 2023. Sandra will be creating inspirational quotes to hand out at the check in table. There will be gifts to raffle. The Therapy dogs confirmed their attendance. Robert will be doing the breath work class during the fair.	
<b>8. Purpose &amp; Function and Goals Review</b>	The committee will review the committee goals and the purpose and function prior to the next meeting to discuss at the November 1 <sup>st</sup> meeting.	

**FUTURE MEETING DATES**

November 1, 2023