

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of November 4, 2020**

Committee Members:

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|-----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------|
| <input checked="" type="checkbox"/> Duetta Langevin | <input type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Melissa Aguirre | <input checked="" type="checkbox"/> Arthur Gonzalez |
| <input checked="" type="checkbox"/> Joanne Franco | <input checked="" type="checkbox"/> Marti Whitford | <input checked="" type="checkbox"/> Stacy Lee | <input checked="" type="checkbox"/> Alexis Carter |
| <input checked="" type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Zaira Jimenez | <input type="checkbox"/> Lance Heard | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> K.C Kranz | <input checked="" type="checkbox"/> Lianne Greenlee | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions		
2. Agenda Review	Reviewed	
3. Review Group Memory – October 7, 2020	Reviewed and Approved with one correction.	Andie will post to the website
4. Walker Tracker Update	<p>The Board approved the renewal of the Walker Tracker contract in October.</p> <p>The Holiday Hop Challenge started on November 2nd and will end on December 27th. The step goal will continue to be 8,000 steps a day for 8 weeks. There will be a drawing of 20 \$100 Amazon gift cards for those who meet the daily step goal each day.</p>	
5. Upcoming Employee Wellness Activities	<p>We will be continuing on with the 3 virtual classes a month through the end of the year (2020):</p> <ul style="list-style-type: none"> • 1st week - Sound Bowl Therapy • 2nd week - Virtual Yoga • 3rd week - Cooking Class and Demo 	

	<p>KC continues to build a library on the wellness website with these virtual classes that employees can watch them at their own leisure.</p> <p>KC has started to promote Maintain Don't Gain that starts November 9th.</p>	
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FUTURE MEETING DATES

December 2, 2020