

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of January 5, 2022**

Committee Members:

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|---|--|--|---|
| <input type="checkbox"/> Duetta Langevin | <input type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Norma Vizcarra | <input checked="" type="checkbox"/> Arthur Gonzalez |
| <input type="checkbox"/> Joanne Franco | <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"/> Dolores Gonzales | <input type="checkbox"/> Faculty Rep (vacant) | <input checked="" type="checkbox"/> Suzanne Vasquez (notes) |
| <input checked="" type="checkbox"/> K.C Kranz | <input type="checkbox"/> Lianne Greenlee | <input checked="" type="checkbox"/> Misty Kolchakian | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Introduced George Rodriguez filling in for Seth Meyers	
2. Agenda Review	Reviewed	
3. Review Group Memory – December 1, 2021	Reviewed and Approved. Corrections to the Memory will be updated.	Andie will post to the website.
4. Walker Tracker Update	<p>December 9th was the Walker Tracker wrap up party.</p> <p>Break Your Mental Block Challenge:</p> <ul style="list-style-type: none"> • Started Jan 3, 2022 • 6 week challenge • 176 walkers signed up • 8,000 steps a day is the goal, not mandatory • To be eligible for raffle prize, 8,000 steps a day is required 	
5. Breath Work class contract	<p>KC took a vote from committee if Breath Work classes should continue. Committee agreed.</p> <p>Breath Work classes will continue with Robert Van der Heyden for the next 6 months, 2 times a month starting in February. One virtual class and one in person class a month</p>	

<p>6. Upcoming employee wellness classes</p>	<ul style="list-style-type: none"> • January 12 at 12:00 pm-Wellness webinar: Gut Health • January 26 at 3:00 pm-Healthy Cooking Class: Anti-Inflammatory Cooking class 	
<p>6. Mental Health resources for Employees</p>	<p>George Rodriguez shared that Seth Myers reached out to Planetarium to hold meditation sessions once a week for students and employees. Seth is waiting to finalize the details.</p> <p>George Rodriguez suggested having an employee mental health representative as a regular member of the Wellness committee. KC was in favor of suggestion.</p>	

FUTURE MEETING DATES

February 2, 2021