

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of March 2, 2022**

Committee Members:

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| <input type="checkbox"/> Duetta Langevin | <input checked="" 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 checked="" type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Dolores Gonzales | <input type="checkbox"/> Faculty Rep (vacant) | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> K.C Kranz | <input checked="" type="checkbox"/> Lianne Greenlee | <input checked="" type="checkbox"/> Misty Kolchakian | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Introduction were made with the group.	
2. Agenda Review	Reviewed.	
3. Review Group Memory – February 2, 2022	Reviewed and Approved.	Andie will post to the website.
4. Walker Tracker Update	<p>The most recent challenge ended on 2/13/22. There were a 196 participants. 8,226 average daily step count. We reached the highest percentage of the goal this challenge. Over 51 % met the goal. This challenge had the highest number of employees eligible for the raffle.</p> <p>The committee discussed a concern that was brought to KC’s attention regarding the challenge raffles and winners. KC will bring the ideas discussed in this meeting to Duetta and see what we can do for the next challenge.</p>	

	<p>KC is going to send emails out towards the end of the challenge to individuals to encourage them about meeting the goal and not missing it by one or two days.</p>	
<p>5. Employee Wellness Classes</p>	<p>There was a great wellness webinar in February 8th and was well attended.</p> <p>There was a breath work class in person last Monday. KC described what this class entails and the benefits. KC would really like to promote this more out on campus.</p> <p>For March there is a Mindful Eating Wellness Webinar on March 11th with Taylor from St. Jude</p>	
<p>6. Employee Wellness Survey</p>	<p>The last survey that was done was in 2016.</p> <p>Lianne has helped KC with the process of conducting a survey. Dolores, Misty and Sandra will help KC on this survey.</p>	
<p>7. Employee Mental Health Update</p>	<p>Employees still continue to reach out. Please encourage everyone to reach out.</p> <p>Mindful Hour will have 2 trainings a month: March 8th March 28th Boundaries in the workplace.</p> <p>In November there were 22 participants. It can usually vary from 10-15. Care Giving was a very popular topic and they are still playing with the times. Also looking into recording it and posting it on the website.</p> <p>ECC offer 5 sessions in a 12 month period for employees</p>	

	and that could change in the future.	
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FUTURE MEETING DATES

April 6, 2022