

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of March 3, 2021**

**Committee Members:**

- |   |  |   |   |
|---|--|---|---|
| <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 type="checkbox"/> Alexis Carter                      |
| <input type="checkbox"/> Joe Jennum                 | <input checked="" type="checkbox"/> Zaira Jimenez  | <input checked="" type="checkbox"/> Lance Heard     | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> K.C Kranz       | <input type="checkbox"/> Lianne Greenlee           |   |   |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>		
<b>2. Agenda Review</b>	Reviewed	
<b>3. Review Group Memory – February 3, 2021</b>	Reviewed and Approved. One correction.	<b>Andie will post to the website.</b>
<b>4. Walker Tracker Update</b>	We are mid challenge as of last week with 19 days left and 195 participants. KC will fill the group in on results at our next meeting.	
<b>5. Upcoming Virtual Employee Wellness Classes</b>	<p>An email went out on Monday and there are 6 different types of classes this month:</p> <ul style="list-style-type: none"> <li>• Nutrition webinar with Megan Wroe Meal planning for your health</li> <li>• Breath work classes continue with 2 different dates this month</li> <li>• Focusing on Preparing for exercise – 2 classes</li> <li>• Hatha Yoga with Sarah</li> <li>• Cooking demo on March 23rd</li> <li>• Deskexercise with Carla on March 30th</li> </ul>	

	<p>Once all these classes are captioned they are posted on the Wellness website for employees to access if they were not able to attend. We are seeing good attendance with these classes and times.</p>	
<p><b>6. Blue Shield Under SISC – Duetta</b></p>	<p>Duetta shared a story with the group with a situation with an individual that used the Preventative exam/ wellness check with their health insurance provider and caught a health condition that could have been worse if not caught early.</p> <p>The group discussed getting this information out and utilizing the incentives and resources for preventive care offered by their health care providers. Duetta will bring this to the Benefits Insurance Committee to discuss.</p> <p>Marti shared updates and current information on the vaccine with the group. Marti will check to see if we can post Dr. Walker’s presentation on the health website.</p>	<p><b>Duetta will discuss this topic at the Benefits Insurance Committee.</b></p>

**FUTURE MEETING DATES**

April 6, 2021