

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of June 3, 2020**

**Committee Members:**

- |   |   |   |   |
|---|---|---|---|
| <input type="checkbox"/> Duetta Langevin          | <input checked="" type="checkbox"/> Sandra Weatherilt | <input type="checkbox"/> Melissa Aguirre        | <input 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 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 checked="" 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 – May 6, 2020</b>	Reviewed and Approved with one correction to attendance.	<b>Andie will post to the website</b>
<b>4. Walker Tracker Challenge Update</b>	<p>Epic Walks Around the Globe ended on May 17, 2020. We had 193 participants Average Steps per day were 6,217 steps which is the highest of all the challenges. The percentage of who met the goal of 8,000 steps a day was at 38.9 % which is up from the last challenge. There was a drawing of four \$100 Amazon gift cards to those that met the 8,000 steps per day. Andie was able to email the winners electronically. The giveaway for the challenge which will be handed out when we get back to campus is a Live Well Mt. SAC face mask.</p> <p>A new challenge will Start on June 15, 2020. It will be another 6 week challenge with walking and activity only. So</p>	

	<p>it will end July 26, 2020. The name of the challenge will be Destination Vacation and KC is waiting on the marketing piece to send out to staff to register shortly.</p>	
<p><b>5. Employee Wellness Events</b></p>	<p>KC is still pushing employee wellness emails for movement, nutrition, mindfulness and building stress resiliency each week.</p> <p>On May 19, 2020 there was a food demo with Megan Wroe. It was recorded and sent in for captioning and is now up on the website.</p> <p>Jeffery George has updated our nutrition page on the wellness website.</p> <p>On June 16, 2020 at 11am there will be a virtual class for healthy pizza dishes with Megan Wroe. An average of about 20 people have been attending these classes.</p> <p>KC talked with Megan Wroe on having regular Mindfulness lectures and classes. Since they have been closed they are working on how to offer this virtually and will update KC when it's available.</p> <p>The group discussed other lecturers that we can utilize and pay with the Wellness funds.</p> <p>Lianne informed the group that the college has purchased a webinar system so we have access to larger groups now for future events.</p> <p>Health Services is having "Can you Survive Finals" on June 9<sup>th</sup> and 11<sup>th</sup> to help manage stress.</p>	

<b>6. Wellness Program Incentive Point System – Standing Item</b>	No update at this time.	
---	-------------------------	--

**FUTURE MEETING DATES**

July 1, 2020