

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of February 8, 2023**

Committee Members:

- | | | | |
|--|---|--|---|
| <input checked="" type="checkbox"/> Duetta Wasson | <input type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Norma Vizcarra | <input checked="" type="checkbox"/> Arthur Gonzalez |
| <input type="checkbox"/> Lucy De Leon | <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"/> Marta Lopez | <input type="checkbox"/> Faculty Rep (vacant) | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> Lorraine Jones | <input checked="" type="checkbox"/> Lizette Henderson | <input checked="" type="checkbox"/> Misty Kolchakian | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Chris Failla attended for Seth Meyers. Introductions were made. Marta Lopez introduced herself since this was her first meeting.	
2. Agenda Review	Reviewed.	
3. Review Group Memory – December 7, 2022.	Reviewed and approved.	Andie will post to the website.
4. Walker Tracker Update – Recap of the last challenge/Upcoming Challenges	Lorraine reviewed the results of the last walker tracker challenge. 180 participants registered for this challenge. The wrap up party was held on January 26, 2023, in the new wellness center and 68 participants attended. There was a discussion with the group about the next upcoming challenge for the Spring 2023. Hoping to add extra activities to get additional entries for the raffle. Ex: If you were to come visit the new Wellness Center you can get an additional entry for the raffle.	Andie will send Lorraine Promotions Now contact Lauren.

<p>5. Upcoming Employee Wellness Classes</p>	<p>Lorraine shared info about the new center. Will be doing a soft re-opening flyer. All classes will remain the same. Yoga will be at 12:30pm on Mondays in the Spring.</p>	
<p>6. Employee Mental Health Update – Marta</p>	<p>Marta shared with the group her background and shared that they want to offer different types of classes to the campus for employees. Ex:</p> <ul style="list-style-type: none"> • Postpartum • Caregiving • Support Groups • Stress Management <p>The ECC currently has 3 Part-Time and 1 Full- Time staff. Hoping to hire one more new part-time staff. They will be extending their hours to 6pm.</p>	
<p>7. New Wellness Center Tour</p>	<p>The group toured the new center and discussed the following:</p> <ul style="list-style-type: none"> • Release Time to use the Facility. This would need to be negotiated. • Walking Sessions on Campus • Registration with Live Whale – Walker Tracker to record information. <p>320 employees registered for the winter. Hours are Monday – Thursday 6am to 9pm. Friday 6am to 3pm. Instagram Page was started as well for the center.</p> <p>The committee agreed to continue with Zoom option for future meetings as some work from home but if you can join in person, we can meet in the wellness center conference room 720-2210G.</p>	

FUTURE MEETING DATES

March 1, 2023

April 5, 2023