

**Mt. San Antonio College
Employee Wellness Committee
Memory March 6, 2019**

Committee Members:

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|---|---|---|--|
| <input type="checkbox"/> Duetta Langevin | <input type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Marti Whitford | <input checked="" type="checkbox"/> Andrea Solorzano (notes) |
| <input checked="" type="checkbox"/> K.C. Kranz | <input checked="" type="checkbox"/> Stacy Lee | <input checked="" type="checkbox"/> Carmen Conover, Kaiser | <input type="checkbox"/> Sandy Cisneros, UHC |
| <input checked="" type="checkbox"/> Joanne Franco | <input checked="" type="checkbox"/> Zaira Jimenez | <input type="checkbox"/> Meagan Nolan- Marion | |
| <input checked="" type="checkbox"/> Sandra Weatherilt | <input type="checkbox"/> Lianne Greenlee | <input checked="" type="checkbox"/> Art Gonzalez - Unit 651
Representative | |
| <input checked="" type="checkbox"/> Melissa Aguirre | <input type="checkbox"/> Alexis Carter | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions		
2. Agenda Review	Reviewed	
3. Review meeting notes from February 6, 2019	Reviewed and Approved.	Andie will post the minutes to the website.
4. Strive to Thrive Challenge Wrap Up Party	<p>The wrap up party took place on February 21, 2019 in the Mountie Café. Thirty three people attended from the sign in sheet. We gave away a Mt. SAC lunch box, Kaiser water bottles, and portable silverware from United Health Care and reusable tote bags.</p> <p>Not very many employees have stopped by to pick up their lunch box and certificate. KC will send out another email.</p> <p>Overall the employees gave great feedback at the party and state that these challenges gets them up and moving more.</p>	

<p>5. Anti – Inflammatory Eating Lecture</p>	<p>Megan Roe from St. Joseph Hoag will be doing the lecture. They have already increased the amount of people attending. Megan can also do cooking demonstrations for a fee or speak on different topics. For the cooking demos she may need a facility.</p>	
<p>6. Spring Walker Tracker Wellness Challenge</p>	<p>KC is planning on starting the first week in April. It will last 6 weeks and there are 3 different challenges that we might move forward with.</p> <ol style="list-style-type: none"> 1. Mindful Movement 2. Refresh and Recharge 3. Food for Thought <p>More information to come</p>	
<p>7. Roundtable</p>	<p>Carmen from Kaiser presented the committee with the Certificate of Achievement in worksite wellness. It is for improving the health and well-being of its employees by promoting and supporting a culture of wellness on the workplace.</p>	
<p>Future Action Items: Kaiser Permanente Annual Report</p>		

Future Meeting Dates:
April 3, 2019
May 1, 2019