

Mt. San Antonio College Employee Wellness Committee
January 10, 2023

Committee Members		
Lorraine Jones	Norma Vizcarra	Kevin Truong
Stacy Lee	Lizette Henderson	Duetta Langevin
Marta Lopez	Arthur Gonzalez	Jamie Solis
Larry Silva	Misty Kolchakian	Joe Jennum
Lucy DeLeon	Sandra Weatherlit	
Chris Failla	Adam Roman(Notes)	

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Introductions and New Announcements	
2. Agenda Review	Reviewed.	
3. Review Agenda	Reviewed	
4. Walker Tracker Wrap Up Party Recap	<ul style="list-style-type: none"> • Jan 25th is a no go. New Date moved to February 8th • Lapel Pin • Red and Black pin - Switch the black portion to grey. • 154 participants for Walker Tracker. 	Moved wrap up to Feb.

5. Leave for Wellness Time	<ul style="list-style-type: none"> • 30 additional time CSEA groups. 262 and 651. • Core Challenge to be created for 2 or 3 times a week if the time is approved 	Lizette to look into who gets leave for wellness time.
6. Upcoming Employee Wellness Classes	<ul style="list-style-type: none"> • Implementing wellness activities on POD Connect. • The reason we are doing this, is because it serves two purposes. Generates attendance and additional deliverables. Allows us to keep track of data better. Centralization of data • Smoking Cessation - Campus is smoke free. • Remind people about cessation products. • Yin Meets Yang Yoga Class Jan 18th – 12 to 13 people showed up 	
7. Quarterly In-Person Challenge	<ul style="list-style-type: none"> • Reviewed options 	

8. Web Page	<ul style="list-style-type: none"> • Implementing registration for classes for ease of access. • To become more user friendly • Notification of what kind of ID is needed 	
9. Wellness Program Incentive Point System	<ul style="list-style-type: none"> • Food Basket • Trainer Packages • Bags for everyone • Work with Foundation office for donations. • In Kind Donations. To work around the \$25 prizes limit. 	Have to search for ideas for rewards that are non-monetary. Lizette to search for In Kind Donations.

FUTURE MEETING DATES

Feb 7