

EMPLOYEE WELLNESS COMMITTEE

(Operational Committee – Reports to College President)

Purpose

The purpose of the Employee Wellness Committee is to promote a culture of physical, psychological, and emotional well-being for our employees by providing activities and support that will result in healthier lifestyles. The goals of the Committee include:

- Increasing awareness and factors contributing to physical and mental well-being.
- Inspiring and empowering individuals to take responsibility for their own health.
- Encouraging employees to make healthier lifestyle choices.
- Creating a sense of community and raising awareness through the use of campus and community health and wellness resources.


Function

1. Facilitate wellness communication through various online resources, workshops, and events.
2. Offer programs that encourages physical activity, emotional well-being, and healthy eating habits.
3. Ensure that there is compliance with laws and regulations that may affect wellness activities.
4. Provide resources for employees to build a supportive network to bolster health goals.
5. Encourage employee suggestion and feedback on future wellness programs and activities.

Membership (13)

	<u>Position Represented</u>	<u>Name</u>	<u>Term</u>
1.	Director, Safety & Risk Management (Co-Chair)	Duetta Langevin	ongoing
2.	Director, Professional & Organizational Development	Lianne Greenlee	ongoing
3.	Dean, Kinesiology & Athletics or Designee	Joe Jennum	ongoing
4.	Exercise Science/Health Fitness Supervisor (Co-Chair)	K.C. Kranz	ongoing
5.	Director, Health Services or Designee	Marti Whitford	ongoing
6.	Health Benefits (appointed by the Vice President, Human Resources)	Melissa Aguirre	ongoing
7.	Management (appointed by the Vice President, Human Resources) from Human Resources	Sokha Song	2017-20
8.	Faculty w/subject matter expertise in Nutrition (appointed by the Faculty Association)	Sandra Weatherilt	2016-19
9.	Faculty w/subject matter expertise in Emotional Well-Being (appointed by the Faculty Association)	Vacant	2015-18
10.	Classified (appointed by CSEA 262)	Jacolyn Martinez	2016-19
11.	Classified (appointed by CSEA 651)	David Castro/Arthur Gonzalez	2015-18
12.	Confidential (appointed by Confidentials)	Joanne Franco	2015-18

13.	Human Resources (appointed by the Vice President, Human Resources)	Zaira Jimenez	2016-18
-----	--	---------------	---------

2017-18 Committee Goals		Link to College Goal #
GOAL #1:	Committee website up-to-date	6,  15
GOAL #2:	Offer a variety of programs and opportunities to improve employee's health, wellness, and awareness.	1 ,2 ,4, 7,9 ,10, 11, 13
GOAL #3:	Assess and evaluate wellness needs and interests to inform planning for employee wellness programs.	12, 13, 14
GOAL #4:	Communicate to employees healthy lifestyle education and opportunities.	8, 12, 14

Membership Meeting Times:

COMMITTEE TYPE	CO-CHAIRS	MEETING SCHEDULE	LOCATION	TIME
Operational	Duetta Langevin/ K.C. Kranz	First Wednesday of each month	4-2460	2:00-3:30 p.m.

Person Responsible to Maintain Committee Website:

Andrea Solorzano
asolorzano@mtsac.edu ext. 5501

College Website Link and Last Time Website Was Updated:

<http://www.mtsac.edu/governance/committees/wellness>