

## **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, Student Health Services or Designee	Marti Whitford	ongoing
6.	Health Benefits (appointed by the Vice President, Human Resources)	Melissa Aguirre	2019-22
7.	Management (appointed by the Vice President, Human Resources) from Human Resources	Alexis Carter	2017-20
8.	Faculty w/subject matter expertise in Nutrition or Emotional Wellbeing (appointed by the Faculty Association)	Sandra Weatherilt	2019-22
9.	Faculty (appointed by the Faculty Association)	Vacant	2019-22
10.	Classified (appointed by CSEA 262)	Stacy Lee	2016-19
11.	Classified (appointed by CSEA 651)	Arthur Gonzalez	-2018-21
12.	Confidential (appointed by Confidentials)	Joanne Franco	-2018-21
13.	Human Resources (appointed by the Vice President, Human Resources)	Zaira Jimenez	-2018-21

2017-18 **2019-20**

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](mailto:asolorzano@mtsac.edu) ext. 5501

College Website Link and Last Time Website Was Updated:

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