

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 mental well-being for our employees by providing activities and support that will result in healthier lifestyles. The goals of the Committee include:

- Increasing awareness of 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 to support and empower employees on their health and wellness journey.
- Fostering campus wide collaboration to provide health and wellness resources for employees.

Function

1. Facilitate wellness communication through various online resources, workshops, and events.
2. Offer programs that encourage physical activity, mental 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 suggestions and feedback on future wellness programs and activities.
6. Our team will assess the use, needs and efficacy of supporting employees in the new Wellness Center.

Membership (14)

	<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 or Designee	Lizette Henderson	ongoing
3.	Dean, Kinesiology & Athletics or Designee	Joe Jennum	ongoing
4.	Interim Coordinator, Health & Fitness (Co-Chair)	Lorraine Jones	ongoing
5.	Interim Director, Student Health Services or Designee	Seth Meyers	ongoing
6.	Student Health Services	Chris Failla	ongoing
	Health Benefits (appointed by the Vice President, Human Resources)	Norma Vizcarra	2023-25
7.	Management (appointed by the Vice President, Human Resources) from Human Resources	Alexis Carter	2023-25
8.	Faculty w/subject matter expertise in Nutrition or Emotional Wellbeing (appointed by the Faculty Association)	Sandra Weatherilt	2023-25

9.	Faculty w/subject matter expertise in Emotional Wellbeing (appointed by the Faculty Association)	Misty Kolchakian	2021-24
10.	Faculty (appointed by the Faculty Association)	Vacant	2023-25
11.	Classified (appointed by CSEA 262)	Stacy Lee	2020-23
12.	Classified (appointed by CSEA 651)	Arthur Gonzalez	2022-25
13.	Confidential (appointed by Confidentials)	Joanne Franco	2022-25
14.	Human Resources (appointed by the Vice President, Human Resources)	Dolores Gonzales	2022-25

Membership Meeting Times:

COMMITTEE TYPE	CO-CHAIRS	MEETING SCHEDULE	LOCATION	TIME
Operational	Duetta Langevin/ Lorraine Jones	First Wednesday of each month	04-2460	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>