

## **EMPLOYEE WELLNESS COMMITTEE**

(Operational Committee – Reports to College President)

### Purpose

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

- A. Increasing awareness of factors contributing to physical and mental well-being.
- B. Inspiring and empowering individuals to take responsibility for their own physical and mental health.
- C. Encouraging employees to make healthier lifestyle choices.
- D. Creating a sense of community to support and empower employees on their health and wellness journey, by embracing diversity, equity, and inclusion principles.
- E. Fostering campus wide collaboration to ensure the accessibility and inclusivity of health and wellness resources for all employees.

### Function

1. Facilitate wellness communication through various accessible resources, workshops, and events.
2. Offer a diverse range of programs that encourage physical activity, mental well-being, and healthy eating habits ensuring inclusivity and fairness for all.
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 and achieve health goals.
5. Foster a collaborative environment by actively seeking and welcoming input from employees for upcoming wellness programs and activities.
6. Our team will assess the use, needs, accessibility, and efficacy of supporting employees in the Wellness Center.

### Membership (15)

	<u>Position Represented</u>	<u>Name</u>	<u>Term</u>
1.	Management (appointed by the Vice President, Human Resources) from Human Resources (Co- Chair)	Lizette Henderson	ongoing
2.	Director, Professional & Organizational Development or Designee	Kevin Truong	ongoing
3.	Dean, Kinesiology & Athletics or Designee	Joe Jennum	ongoing
4.	Coordinator, Health & Fitness (Co- Chair)	Lorraine Jones	ongoing
5.	Director, Student Health Services or Designee	Jamie Solis	ongoing
6.	Student Health Services	Chris Failla	ongoing
7.	Health Benefits (appointed by the Vice President, Human Resources)	Norma Vizcarra	2023-25
8.	Risk Management Representative	Duetta Langevin	2023-25

9.	Faculty w/subject matter expertise in Nutrition or Emotional Wellbeing (appointed by the Faculty Association)	Sandra Weatherilt	2023-25
10.	Faculty w/subject matter expertise in Emotional Wellbeing (appointed by the Faculty Association)	Misty Kolchakian	2021-24
11.	Faculty (appointed by the Faculty Association)	Larry Silva	2023-25
12.	Classified (appointed by CSEA 262)	Stacy Lee	2023-26
13.	Classified (appointed by CSEA 651)	Arthur Gonzalez	2022-25
14.	Confidential (appointed by Confidentials)	Lucy DeLeon	2022-25
15.	Human Resources (appointed by the Vice President, Human Resources)	Marta Lopez	2023-25

Membership Meeting Times:

COMMITTEE TYPE	CO-CHAIRS	MEETING SCHEDULE	LOCATION	TIME
Operational	Lizette Henderson/ Lorraine Jones	First Wednesday of each month	720-2210 G & Zoom	2:00-3:30pm

Person Responsible to Maintain Committee Website:

Vanessa Salazar  
vsalazar3@mtsac.edu Ext. 6235

College Website Link and Last Time Website Was Updated:  
<http://www.mtsac.edu/governance/committees/wellness>