**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)

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|  | Position Represented | Name | Term |
| 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:

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| --- | --- | --- | --- | --- |
| 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**](http://www.mtsac.edu/governance/committees/wellness)