

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 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 of the importance of health and wellness for employee well-being
- 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 encourages 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 suggestion 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	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.	Assistant Director, Student Health Services	Seth Meyers	ongoing
	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	2020-22
8.	Faculty w/subject matter expertise in Nutrition or Emotional Wellbeing (appointed by the Faculty Association)	Sandra Weatherilt	2019-22

9.	Faculty w/subject matter expertise in Emotional Wellbeing (appointed by the Faculty Association)	Misty Kolchakian	2021-2024
10.	Faculty (appointed by the Faculty Association)	Vacant	2019-22
11.	Classified (appointed by CSEA 262)	Stacy Lee	2020-23
12.	Classified (appointed by CSEA 651)	Arthur Gonzalez	2018-21
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/ K.C. Kranz	First Wednesday of each month	on-line	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>