# 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 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. To facilitate wellness communication through various online resources, workshops, and events.
2. To offer programs that encourages physical activity, emotional well-being, and healthy eating habits.
3. To ensure that there is compliance with laws and regulations that may affect wellness activities.
4. To provide resources for employees to build a supportive network to bolster health goals.
5. To encourage employee suggestion and feedback on future wellness programs and activities.

Membership (12)

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|  | Position Represented | Name | Term |
| 1. | Director, Safety & Risk Management (Co-Chair) | Karen Saldana | ongoing |
| 2. | Manager, Professional Development and Employee Engagement | Stacey Gutierrez | ongoing |
| 3. | Dean, Kinesiology & Athletics or Designee | Joe Jennum | ongoing |
| 4. | Exercise Science/Health Supervisor | (Co-Chair) K.C. Kranz | ongoing |
| 5. | Director, Health Services or Designee | Marti Whitford | ongoing |
| 6. | Health Benefits | Vacant | ongoing |
| 7. | Director, E.E.O. | Lorraine Jones | ongoing |
| 8. | Faculty w/ subject matter expertise in nutrition and emotional well-being (appointed by Faculty Association) | Sandra Weatherilt | 2013-16 |
| 9. | Misty Kolchakian | 2015-18 |
| 10. | Classified (appointed by CSEA 651) | Frank Williams | 2015-18 |
| 11. | Classified (appointed by CSEA 262) | Jacolyn Martinez | 2013-16 |
| 12. | Confidential/Supervisory (appointed by Confidentials/Supervisors) | Nerissa Uiagalelei | 2015-18 |

Membership Meeting Times:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| COMMITTEE TYPE | CHAIR | MEETING SCHEDULE | LOCATION | TIME |
| **Operational** | **Karen Saldana/KC Kranz** | **First Wednesday of each month** | **4-2460** | 2:00-3:30 PM |

Person Responsible to Maintain Committee Website: Beth Quinlan

[bquinlan@mtsac.edu](mailto:bquinlan@mtsac.edu) ext. 5501

College Website Link and Last Time Website Was Updated:

**http://www.mtsac.edu/governance/committees/wellness**