**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 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 through the use of campus and community health and wellness resources.

Function

1. Facilitate wellness communication through various online resources, workshops, and events.
2. Offer programs that encourage~~s~~ physical activity, emotional 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.

Membership (13)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Position Represented | Name | Term |
| 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, Health Services or Designee | Marti Whitford | ongoing |
| 6. | Health Benefits (appointed by the Vice President, Human Resources) | Melissa Aguirre | ongoing |
| 7. | Management (appointed by the Vice President, Human Resources) from Human Resources | Sokha Song | 2017-20 |
| 8.  | Faculty w/subject matter expertise in Nutrition (appointed by the Faculty Association) | Sandra Weatherilt | 2016-19 |
| 9.  | Faculty w/subject matter expertise in Emotional Well-Being (appointed by the Faculty Association) | Vacant | 2015-18 |
| 10.  | Classified (appointed by CSEA 262) | Jacolyn Martinez  | 2016-19 |
| 11.  | Classified (appointed by CSEA 651) | David Castro/Arthur Gonzalez | 2015-18 |
| 12. | Confidential (appointed by Confidentials) | Joanne Franco | 2015-18 |
| 13. | Human Resources (appointed by the Vice President, Human Resources) | Zaira Jimenez | 2016-18 |

|  |  |
| --- | --- |
| 2017-18 Committee Goals | Link to College Goal # |
| GOAL #1: | Committee website up-to-date | 6, 11, 15 |
| GOAL #2: | Offer a variety of programs and opportunities to improve employee's health, wellness, and awareness. | 1 ,2 ,4, 7,9 ,10,11, 13 |
| GOAL #3:GOAL #4: | Assess and evaluate wellness needs and interests to inform planning for employee wellness programs.Communicate to employees healthy lifestyle education and opportunities.  | 12, 13, 148, 12, 14 |

Membership Meeting Times:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| COMMITTEE TYPE | CO-CHAIRS | MEETING SCHEDULE | LOCATION | TIME |
| Operational | Duetta Langevin/ K.C. Kranz | First Wednesday of each month | 4-2460 | 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)