

# Employee Wellness Committee



## MEETING AGENDA

**April 4, 2018**

**Facilitator: K.C. Kranz**

**Location: Building 4, Room 2320**

**Time: 2:00pm-3:30pm**

### **Committee Members:**

|                 |                                  |                            |
|-----------------|----------------------------------|----------------------------|
| Duetta Langevin | Sandra Weatherilt                | Melissa Aguirre            |
| Joanne Franco   | Marti Whitford                   | Stacy Lee                  |
| Joe Jennum      | Zaira Jimenez                    | Carmen Conover – Kaiser    |
| K.C. Kranz      | Lianne Greenlee                  | Meagan Nolan- Marion       |
| Mari Ceja       | David Castro/ Arthur<br>Gonzalez | Sandy Cisneros - UHC       |
|                 |                                  | Andie Solorzano<br>(Notes) |

### **AGENDA ITEMS:**

1. Welcome/Introduction
2. Agenda Review
3. Review meeting notes from March 7, 2018
4. Current and future Employee Wellness Activities
  - Finding Balance Stress Management Campaign
  - Supporting Wellness In Yourself and Your Team – Management meeting Silo Buster
  - Stress Reduction Lecture
  - Healthy Cooking Class
5. Walker Tracker

### **Employee Wellness Committee upcoming meetings:**

May 2, 2018

June 6, 2018

### **Future Agenda Items:**

Date for Employee Wellness Fair