Mt. San Antonio College Employee Wellness Committee

February 7, 2023

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| **Committee Members**Lorraine Jones Norma Vizcarra Kevin TruongStacy Lee Lizette Henderson Duetta LangevinMarta Lopez Arthur Gonzalez Jamie SolisLarry Silva Misty Kolchakian Joe JennumLucy DeLeon Sandra WeatherlitChris Failla Adam Roman(Notes) |
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| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** | Introductions and New Announcements |  |
| **2. Agenda Review** | Reviewed. |  |
| **3. Purpose and Function** | Reviewed |  |
| **4. Membership Review** | * Dolores Gonzales - >Marta Lopez
* Adam Roman->Vanessa Salazar
* Duetta Langevin ->Staying on as Risk Management Representative
* Kevin Truong - Director Professional &
* Extra Position appointed by Academic Senate -
	+ Yes - We would like someone with expertise in the health and wellness field.
 | Incorrectly labeled with 14 people. Meeting next time to see if the team wants a 16th person. |
| **5. Walker Tracker Wrap-Up** | * Hats were expensive as gifts. Moving it back to accommodate time to purchase hats. Move to March 7 around noon.

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| **6. Upcoming Employee Wellness Classes** | * Yoga
* Boot Camp
* Zumba
* Indoor Cycling
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| **7. Quarterly In-Person Challenge** | * Launch in spring with Teambuildr App. Pre-selected workouts based on a program daily.
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| **8. Wrap Up** | * Low numbers on smoking cessation. Had to cancel the classes.
* EMDR will be offered at ECC
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FUTURE MEETING DATES

March 6