Mt. San Antonio College Employee Wellness Committee

February 7, 2023

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| **Committee Members**  Lorraine Jones Norma Vizcarra Kevin Truong  Stacy Lee Lizette Henderson Duetta Langevin  Marta Lopez Arthur Gonzalez Jamie Solis  Larry Silva Misty Kolchakian Joe Jennum  Lucy DeLeon Sandra Weatherlit  Chris 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 |  |
| **7. Quarterly In-Person Challenge** | * Launch in spring with Teambuildr App. Pre-selected workouts based on a program daily. |  |
| **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