

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of March 5, 2014**

Committee Members:

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|---|--|---|--|
| <input type="checkbox"/> Lorraine Jones | <input checked="" type="checkbox"/> Marti Whitford | <input type="checkbox"/> Sabrina Krug, Kaiser | <input checked="" type="checkbox"/> Beth Quinlan |
| <input checked="" type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> K.C. Kranz | <input checked="" type="checkbox"/> Sandra Weatherilt | |
| <input type="checkbox"/> Misty Kolchakian | <input type="checkbox"/> Karen Pilling | <input checked="" type="checkbox"/> Jacolyn Martinez | |
| <input checked="" type="checkbox"/> John Milleson | <input type="checkbox"/> Karen Saldana | <input type="checkbox"/> Yazmin Stutzel, Blue
Shield | |
| <input type="checkbox"/> 651 Vacancy | <input checked="" type="checkbox"/> Nerissa Uiagalelei | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	None.	None.
2. Review Meeting Notes of February 26, 2014	None.	Meeting notes will reflect changes made. Meeting notes approved as submitted by Committee.
3. Select Meeting Facilitator- April 2, 2014.	Meeting facilitator selected for upcoming meeting.	Karen Saldana will facilitate the next meeting.
4. WalkerTracker.com Update	The Committee discussed WalkerTracker.com	An official proposal was received with the following prices: 100 people - \$1800/year 150 people - \$2700/year 200 people - \$3600/year KC Kranz will analyze three walking programs and approach Cabinet regarding funding options. Cabinet will also be provided with an anticipated start date. The program could be promoted at Flex Day and rolled out during the Fall

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		<p>semester. KC will continue to coordinate with WalkerTracker.com.</p> <p>The Committee will strive to get 150 participants and will plan to check blood pressure of participants to monitor/track positive outcomes of the program.</p> <p>KC will ask if a Health Appraisal is available with the program. Measurable data will be taken with the program and a follow-up survey will be provided to participants.</p>
5. Committee Goals 2014-2015	The Committee discussed the Committee Goals for 2014-2015.	<p>The Committee created a list of goals to achieve during the 2014-2015 year.</p> <p>Beth Quinlan will send completed goals to Denise Lindholm by March 25, 2014.</p>
6. Employee Wellness Survey Update	The Committee discussed the Employee Wellness Survey.	None.
7. Mindful Mile Update	The Committee discussed the Mindful Mile.	KC will create a meeting notice for the Committee to get together to walk the current route of the Mindful Mile.
8. Future Agenda Items <ul style="list-style-type: none"> • Fitbit Corporate Sponsorship 	None.	None.

<http://inside.mtsac.edu/organization/committees/safety/>