

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of September 4, 2014**

**Committee Members:**

- |  |   |   |  |
|--|---|---|--|
| <input checked="" type="checkbox"/> Stacey Gutierrez | <input 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 checked="" type="checkbox"/> Misty Kolchakian | <input type="checkbox"/> Nerissa Uiagalelei       | <input checked="" type="checkbox"/> Jacolyn Martinez    |  |
| <input type="checkbox"/> Jimmy Jimenez               | <input checked="" type="checkbox"/> Karen Saldana | <input type="checkbox"/> Yazmin Stutzel, Blue<br>Shield |  |
|  | <input type="checkbox"/> Kelly Ferber             |   |  |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>	None.	None.
<b>2. Review Meeting Notes of August 6, 2014</b>	None.	Meeting notes approved as submitted by Committee.
<b>3. Select Meeting Facilitator- October 1.</b>	Meeting facilitator selected for upcoming meeting.	Sandra Weatherilt will facilitate the next meeting.
<b>4. Update on Mountie Mile decals</b>	The Committee discussed the progress of the Mountie Mile.	<p>Facilities set to approve 1 set of decals. Gary Nellesen wants a back-up set of decals.</p> <p>Quote received from AAA Flag and Banner for a total of \$3,000.00. This quote includes the price of installation.</p> <p>The decals have been adjusted and a QR has been added that links to a map with walking points.</p>

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		<p><b>Decals have a 1 year warranty.</b></p> <p><b>It was suggested to discuss funding from the President in case Facilities no longer wants to utilize some of their budget on the maintenance of the decals.</b></p> <p><b>Committee supports moving forward with the decals.</b></p> <p><b>Roger Sneed will be present at next Committee meeting to discuss decals.</b></p>
<p><b>5. Flex Day Participation</b></p>	<p>The Committee discussed Flex Day participation.</p>	<p><b>KC Kranz had a booth outside of the auditorium. Employee Wellness schedules and flyers were provided.</b></p> <p><b>4 boxes of KIND bars were received too late and will be used for an upcoming Wellness event.</b></p> <p><b>There were numerous sign-up's at the Wellness Center and was well attended.</b></p> <p><b>Stacey Gutierrez suggested several monthly workshops on Wellness. Medical providers are able to provide assistance.</b></p> <p><b>September is Yoga Month. Yoga classes have been scheduled for the 23 and 25<sup>th</sup> of September.</b></p> <p><b>Workshop on the brain and food to be conducted by Misty in November.</b></p>

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