

Employee Wellness Committee



MEETING AGENDA

April 12, 2017

Facilitator: Duetta Langevin

Location: Building 4, Room 2460

Time: 2:00-3:30pm

Committee Members:

Duetta Langevin	Sandra Weatherilt	David Casto/Arthur Gonzalez
Nerissa Uiagalelei	Marti Whitford	Jacolyn Martinez
Joe Jennum	Misty Kolchakian	Carmen Conover
K.C. Kranz	Lianne Greenlee	Debbie Cottrell

AGENDA ITEMS:

1. Welcome/Introduction
2. Agenda Review
3. Review meeting notes from March 1, 2017
4. Walker Tracker & FitBit comparison
5. Discuss outcome of Dr. Sears event
6. Upcoming Employee Wellness Activities for 2017
 - April 28 (12-1pm): Stress Less (Caroline from Kaiser P.)
 - May 5 (11:30-12:30pm): Work-Life Balance (Misty K. from Mt. SAC/ committee member)
 - May 10 (12-1pm): Blood Pressure (Caroline from Kaiser P.)

Employee Wellness Committee upcoming meetings:

May 3, 2017
June 7, 2017

Future Agenda Items:

2017 Employee Wellness Fair – November 3, 2017