

**Mt. San Antonio College
Employee Wellness Committee
Memory of April 6, 2016**

Committee Members:

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|--|--|---|---|
| <input checked="" type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Marti Whitford | <input checked="" type="checkbox"/> Sunny Smith, Kaiser | <input checked="" type="checkbox"/> Beth Sullivan |
| <input checked="" type="checkbox"/> Misty Kolchakian | <input checked="" type="checkbox"/> K.C. Kranz | <input checked="" type="checkbox"/> Sandra Weatherilt | <input type="checkbox"/> Debbie Cottrell |
| <input type="checkbox"/> Frank Williams | <input type="checkbox"/> Stacey Gutierrez | <input checked="" type="checkbox"/> Jacolyn Martinez | |
| | <input type="checkbox"/> Confidential Rep. | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	The Committee welcomed Carmen Conover as the new Kaiser representative.	None.
2. Agenda Review	None.	Agenda approved as submitted.
3. Review Meeting Notes: March 2, 2016	None.	Memory approved as submitted.
4. Employee Wellness Fair	The Committee discussed the upcoming Wellness Fair.	<p>The event is being called “Empower Your Health”.</p> <p>The Wellness Fair will be held on May 13 at the east side of Building 4.</p> <p>The MHV will be present at the fair from 9am-3pm.</p> <p>There are currently 13 vendors scheduled to attend the fair from 11-3pm.</p> <p>The Committee finalized roles and</p>

Wellness Task Force
Group Memory

		responsibilities.
5. May: Employee Health and Fitness Month	The Committee discussed the May Health and Fitness Month.	Every Monday a weekly email with wellness tips is being sent to the College. Information regarding melanoma will be sent out on “Melanoma Monday”. The Employee Wellness Fair is being held on 5/13. A stadium workout will also be held on 5/13. Blood Pressure Lunch and Learn is being hosted by Kaiser on 5/25.