

**Mt. San Antonio College
Employee Wellness Committee
Memory of March 2, 2016**

Committee Members:

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|--|--|---|---|
| <input checked="" type="checkbox"/> Joe Jennum | <input type="checkbox"/> Marti Whitford | <input checked="" type="checkbox"/> Sunny Smith, Kaiser | <input checked="" type="checkbox"/> Beth Sullivan |
| <input 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 type="checkbox"/> Jacolyn Martinez | |
| | <input type="checkbox"/> Karen Saldana | | |
| | <input type="checkbox"/> Confidential Rep. | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions		None.
2. Agenda Review	None.	Agenda approved as submitted.
3. Review Meeting Notes: February 3, 2016	None.	Memory approved as submitted.
4. Upcoming Lunch and Learns	The Committee discussed the upcoming Lunch and Learn sessions.	<p>“Exercise in Busy Life” presented by KC Kranz was well attended and had positive feedback. The ratio of faculty in attendance will be looked into.</p> <p>Misty also presented a workshop on Life Balance.</p> <p>The following workshops are scheduled:</p> <p>4/11/16: Stress Management by St.</p>

Wellness Task Force
Group Memory

		<p>Jude.</p> <p>5/25/16: Blood Pressure Awareness</p> <p>6/15/16: Back Care presented by Kaiser.</p> <p>7/13/16: Healthy Sleep presented by Kaiser.</p>
5. Employee Wellness Fair	The Committee discussed upcoming Employee Wellness Fair.	<p>The event will be called Live Well Mt. SAC.</p> <p>Location will be held outside of Building 4 and will be held 11am-2pm.</p> <p>The Mobile Health Vehicle will be available from 9am-3pm.</p> <p>Vendors are continuing to respond. There are currently 10 vendors scheduled to attend.</p> <p>The Committee will look into having music at the fair.</p>
6. Employee Softball League	The Committee discussed the Employee Softball League .	None.