



CSEA Chapter 262

GOVERNANCE COMMITTEE REPORTS

Thursday, January 16, 2014

EMPLOYEE WELLNESS COMMITTEE

Representative(s): Jacolyn Martinez

1st and 3rd Wednesdays of the month

Wellness Program classes for spring have just been approved. These classes will again be located in the Wellness Center. Mt. SAC staff can use the Wellness Center any time during their open hours. Look for advertisements coming through in your email.

Currently working on a project called Mindful Mile. Markers will be placed to measure walking distances of one mile throughout the campus. The measuring and posting of signs will need to be approved by the District. The Wellness Committee is also researching programs to start another healthy lifestyles program on campus; similar to the Top Loser last year.

Please let me hear from you on health related topics for workshops that you might be interested in attending.