Wellness Committee Meeting

March 15, 2021

Zoom

Committee Members

Tracy Woods (Chair)

Stacey Grant (Well-being Liaison)

Dr. Cartee (EGSC Interim President)

Johnna Eaton

Harley Smith

Sheila Bramlett

Linda Upchurch

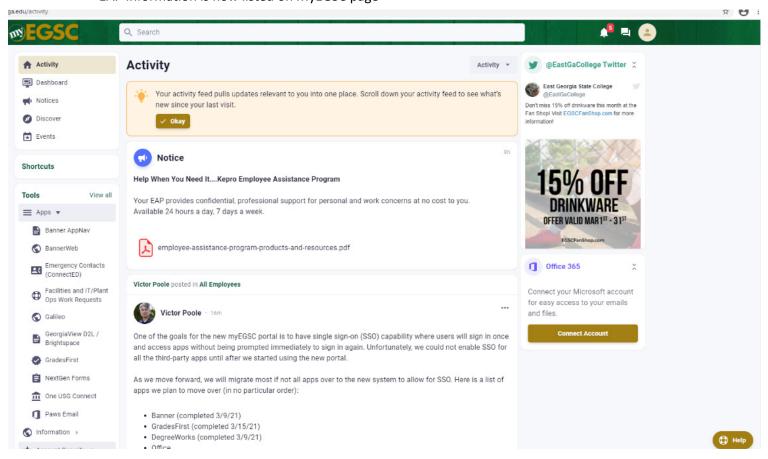
Chuck Wimberly

Nick Kelch

Jessica Williamson

KEPRO Employee Assistance Program (EAP)

EAP Information is now listed on MyEGSC page



- Training hours available to EGSC
 - o Mental Health Series
- Internal emails to all employees/Wellness Champions
- Announcements at unit meetings
- Signage in break rooms

EGSC to Implement or Host Mental Health Program

USG is requesting all institutions to implement or host one mental health program on campus –
Well-being funding up to \$10,000 for 2021 is available

Monthly Programming

- USG sponsored Well-being events
- EGSC sponsored events
- Focused events on Diabetes, Prediabetes, and Weight Management (Livongo)
- Well-being release time

EGSC Walking Trail

- Redesign of signage
- Well-being funding