



MERCED COLLEGE

WELLNESS

Merced College Vision

Merced College will provide transformative and empowering educational experiences to meet student and community needs.

MC Wellness provides transformational and empowering opportunities for employees. MC employees, in turn, engage, empower, and motivate our students.

Wellness Program Purpose

Well-being in the workplace typically results in:

- 1) higher engagement and performance,
- 2) less absenteeism and turnover, and
- 3) overall, a better place to work.

Eligible Participants:

All current and active MCCD employees.

Studies show...

Employees who are engaged and have high well-being are:

- 42% more likely to evaluate their overall lives highly
- 27% more likely to report "excellent" performance in their own job at work
- 27% more likely to report "excellent" performance by their organization
- 45% more likely to report high levels of adaptability in the presence of change
- 37% more likely to report always recovering "fully" after illness, injury or hardship
- 59% less likely to look for a job with a different organization in the next 12 months
- 18% less likely to change employers in a 12-month period
- 19% more likely to volunteer their time in the past month

“Well-Being Enhances Benefits of Employee Engagement” authored by Dan Witters and Sangeeta Agrawal;
<https://www.gallup.com/workplace/236483/enhances-benefits-employee-engagement.aspx>

Components

Before and After Work Access to MCCD facilities:

- 1) Fitness Lab**
- 2) Weight Room**
- 3) Community Services classes focused on Health and Wellness**
- 4) Heightened awareness of available resources**

“Extracurricular” Activities:

- 1) Access to corporate membership at health clubs**
- 2) Blue Devils 5K Fun Run (coming April 2019)**
- 3) Wellness Workshops throughout the year**

How to Participate

- 1) **When: “Off-time” except for flex workshops**
- 2) **Sign-in/registration required? Only for Community Education classes**
- 3) **Do I need to be monitored? No.**

4) **Can I help?**

Absolutely! The Wellness Committee is an ad hoc committee of passionate colleagues. We can use your help – big or small.



WELLNESS
Questions?