The HCC Health and Wellness Subcommittee was developed in 2007 by Community College Learning Champion (CCLC) Lianne Nagano. Lianne took the initiative to form an ongoing committee that would benefit faculty and staff year-long through education and learning opportunities focusing on health and wellness. Workshops, tours, and activities are offered throughout the year, and the Committee participates in other campus events as well. Members are volunteers from the College's staff and faculty. The Health and Wellness Committee is a subcommittee of the HCC Health and Safety Committee.

The purpose of the Health and Wellness Subcommittee is to provide a venue for faculty and staff of the HCC community to promote, advocate, and educate others in maintaining a healthful lifestyle in order to maximize work performance.

Activities

The Health and Wellness Subcommittee usually offers a monthly activity. Please see our Calendar for upcoming events.

Resources

- News & Articles -- from HCC Library's databases
- Health & Wellness Resources
- Highlights & Info from Workshops and Presentations
- Good Eats -- healthy recipes

Get Out and Move!

- Walking Maps and Tips
- Great Aloha Run -- Join the HCC President's 100 Club
- Visitor Industry Charity Walk