



**MEDICAL BOARD OF CALIFORNIA**  
Executive Office



**WELLNESS COMMITTEE**  
November 4, 2010

**MEMBERS OF THE COMMITTEE**

*Shelton Duruisseau, Ph.D., Chair*  
*Jorge Carreon, M.D.*  
*John Chin, M.D.*  
*Daniel Giang, M.D.*  
*Laurie C. Gregg, M.D.*  
*Gary Nye, M.D.*  
*William Norcross, M.D.*

**Long Beach Memorial Medical Center**  
**Miller Children's Hospital**  
**2801 Atlantic Avenue**  
**Room A1-A2**  
**Long Beach, CA 90806**  
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**562-933-0102**

*Action may be taken on any item  
listed on the agenda.*

**AGENDA**

10:15 a.m. – 11:00 a.m.  
(or until the conclusion of business)

**ALL TIMES ARE APPROXIMATE AND SUBJECT TO CHANGE.**

If a quorum of the Board is present, members of the Board who are not members of the Committee may attend only as observers.

1. Call to Order/Roll Call
2. Approval of the Minutes from the January 28, 2010 Meeting
3. Presentation of Kaiser Permanente's "Get Fit" Program – Andy Gallardo, CPT, NASM Healthy Workforce, Director of Fitness, Kaiser Permanente Southern California
4. Presentation and Summary of August 17, 2010 Meeting of the Wellness Programs – Best Practices Work Group Meeting – Dr. Gregg
5. Discussion and Recommendations for Work Group to Continue Development of Best Practices Guidelines/Manual to be Utilized by Wellness Committees – Dr. Gregg
6. Committee Members' Report on Activities
7. Future Agenda Items

*The mission of the Medical Board of California is to protect healthcare consumers through the proper licensing and regulation of physicians and surgeons and certain allied healthcare professions and through the vigorous, objective enforcement of the Medical Practice Act, and to promote access to quality medical care through the Board's licensing and regulatory functions.*

8. Public Comment on Items not on the Agenda

*Note: The Committee may not discuss or take action on any matter raised during this public comment section, except to decide whether to place the matter on the agenda of a future meeting. [Government Code Sections 11125, 11125.7(a)]*

9. Adjournment

*Meetings of the Medical Board of California are open to the public except when specifically noticed otherwise in accordance with the Open Meetings Act. The audience will be given appropriate opportunities to comment on any issue presented in open session before the Board, but the President may apportion available time among those who wish to speak.*

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*For additional information call (916) 263-2389.*

*NOTICE: The meeting is accessible to the physically disabled. A person who needs a disability-related accommodation or modification in order to participate in the meeting may make a request by contacting Cheryl Thompson at (916) 263-2389 or [cheryl.thompson@mbc.ca.gov](mailto:cheryl.thompson@mbc.ca.gov) or send a written request to Ms. Thompson. Providing your request at least five (5) business days before the meeting will help ensure availability of the requested accommodation.*