



Independent School District #146  
Wellness Committee Meeting  
7:30 AM on November 29, 2022  
Barnesville High School  
302 3rd Street South  
Barnesville, MN 56514

1. Virtual Fall Wellness Conference Information
  - A. Dr. Cindra Kamphoff – Mental Performance Coach “Training Your Mind”
  - B. Samantha Erickson – Professional Organizer “Improving Office Productivity”
  - C. DASH Fitness – Mother/Daughter Fitness Instructors (Benefits of Exercise)
  - D. Mary Jo Knudson – City of Owatonna Wellness Program
2. Children’s Dental Services Mobile Clinic Update
3. PartnerSHIP 4 Health Updates
  - A. Action Plan – Continue with Current Goals
  - B. Hand Outs – Health Snacks & Healthy and Active Celebrations