



MINUTES

Barnesville Public Schools Wellness Committee Meeting

7:30 AM on Tuesday, November 29, 2022

Barnesville High School

302 3rd Street South

Barnesville, MN 56514

Minutes of the Wellness Committee Meeting

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